

Physical Activity Level during Gardening in Everyday Life

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Abstract

The physical advantages of gardening relate to preventive medicine in which a person or family can consume the products of their gardening activities, and to motor function such as compensating for lack of exercise, functional recovery and counteracting disuse and weakening of brain or muscle. This study aimed to determine the body activity level when gardening was incorporated into everyday life activities, and to measure the exercise intensity of routine daily activities and gardening. The bodily activity level was examined when gardening was done in everyday life, and gardening was compared with everyday activities. The heart rate level of everyday living was generally found to be 70-90 beats/min, and the highest was 140 beats/min for weeding. It was found that rates of 100 beats/min were exceeded during gardening, jogging or fast walking. Comparing exercise intensity during gardening, work and other daily activities, it was found that there was a large range of intensity in horticultural work, from activities which were on the same level as high intensity sports to those which did not much differ from low intensity daily activities, and that most of this gardening work was associated with a medium intensity of about 30-60%. As regards this type of medium intensity work, although it may not improve physical function, gardening does provide an opportunity to move the body and so help maintain fitness. As gardening activities comprise a wide span of work types and intensities, they provide an opportunity for individuals to select the type of work which suits their abilities and preferences. It is also said that gardening has a calming effect, so if a person likes to raise plants, it appears from this study that he can become both physically and spiritually healthy by performing these activities.