



Fix your mood. Fix your energy. Fix your focus.

## The NatureFix Prescription.

Maximise your health benefits with minimum effort - learn how to unlock the health benefits of nature across the places you work, live, learn and play! Research shows that just spending time in or having **contact** with nature is simply not enough. To draw out the full range of health benefits, it is about developing a **connection** with nature.

### Introducing NatureFix | A Green Prescription

Designed to supercharge the untapped health benefits of green spaces, our four-week nature prescription guides you to get outdoors and develop a better **connection** with everyday nature. This fun program is based on the latest science and is digitally supported by our NatureFix App.

#### What is a green prescription?

Also known as a nature referral, a green prescription is when a health professional recommends contact with nature, to positively impact your physical and mental health.

#### Green prescriptions are often used successfully for:

1. Mental health such as stress, anxiety, depression, mood and attention restoration
2. Physical health, including heart disease, diabetes and obesity.
3. Improving social behaviours such as kindness and gratitude, and
4. Increasing sustainability behaviour and actions for the environment.

#### Green prescriptions are used to:

- ✓ Support therapy and healthcare
- ✓ Increase individual and workplace resilience
- ✓ Enhance physical health
- ✓ Increase clarity and cognition
- ✓ Improve creativity
- ✓ Learn new strategies for self-care

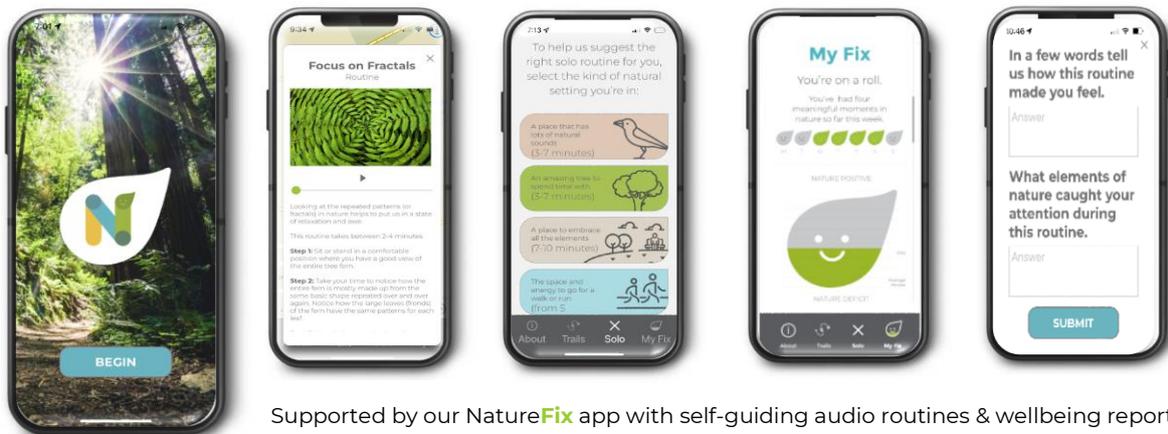


## The Benefits

Nature**Fix** Prescription untaps the health benefits of nature so individuals feel:\*

- ✓ **50%** more relaxed
- ✓ **36%** happier
- ✓ **20%** less negative
- ✓ **7.7%** more productive
- ✓ **31%** more connected to the natural environment
- ✓ **20%** more appreciative of their community and place

\* Results from our Nature-Wellness Living Lab research: [learn more HERE](#)



Supported by our Nature**Fix** app with self-guiding audio routines & wellbeing reporting

**It's about enjoying moments not minutes with nature....**

*“Green prescriptions need to be carefully designed to consider nature connectedness and the experience in nature, rather than a simple instruction to visit and spend time in nature. Otherwise, the prescription might not deliver optimal benefits and undermine motivation for nature-based experiences”*

Professor Miles Richardson,  
Nature Connectedness Research Group, University of Derby

It is now understood that nature does not have a part-time role in supporting our health, nature connectedness is a basic psychological need! With over 20 years' experience in delivering nature connection programs, Nature**Fix** Prescription delivers on all the benefits you receive from contact with nature as well as the extra physical, mental, and social health benefits that come from connection!

**We ensure you receive maximum health benefits for minimum effort**

## Contact Us

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