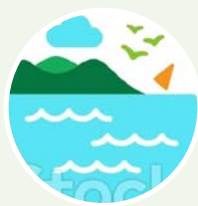
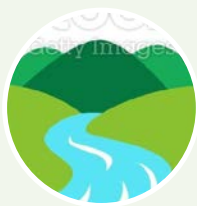


# Green and blue space



**Green space is any natural space that contains trees, grass or any other green vegetation. Blue space is any natural space that contains water, like rivers, lakes, and the sea**

Exposure has multiple benefits, specially **improving mental and cognitive health, increasing physical activity,** but also environmental benefits like **reducing air pollution, noise and city temperature (1)**



*"When you're out there walking, you feel a sense of freedom"*

*"Outdoors is free, that's the best part of it"*

**Access to green and blue space is fundamental for people being able to grow and age well**



**A better understanding the link between good cognitive health and urban green and blue spaces can allow us to make better evidence-based decisions about the space in which we live**

**Access to, and use of, good quality green and blue space can have a positive impact on our health as we age**



1) World Health Organisation, Regional Office for Europe., Urban Green Spaces and Health (2016)

**SUPPORTIVE ENVIRONMENTS FOR PHYSICAL & SOCIAL ACTIVITY, HEALTHY AGEING & COGNITIVE HEALTH**

