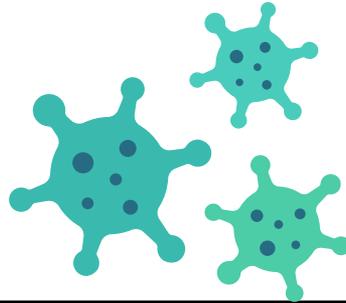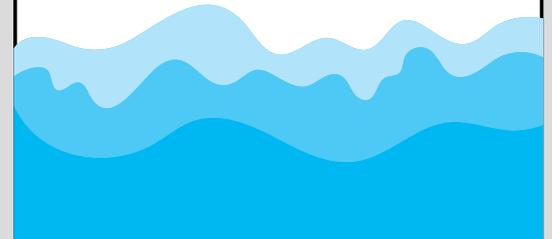A healthy environment improves nutrition

A healthy environment can reduce the spread of pandemics

A healthy environment provides us with clean water
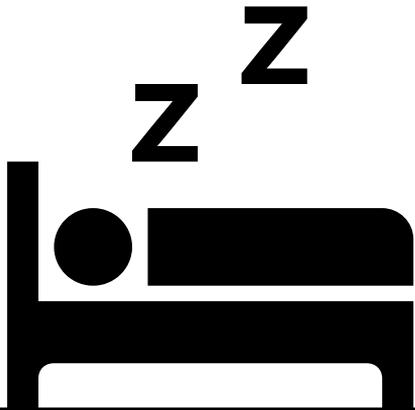
A healthy environment provides us with clean air

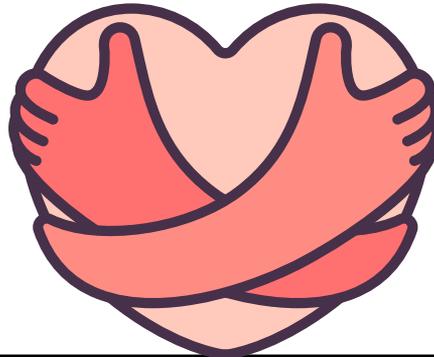A healthy environment can reduce flooding

A healthy environment can reduce the risk of extreme weather
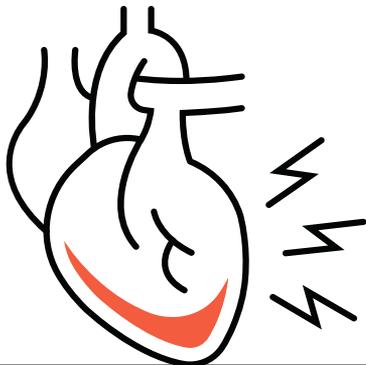
| Time in nature can improve sleep | Time in nature can increase self-esteem | Time in nature can reduce stress |
|---|---|---|
| Time in nature can reduce the risk of heart attacks | Time in nature can increase happiness | Time in nature can reduce headaches |