

Planting outside



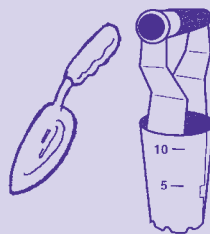
"Have a go, if you try to get outside in the air it will do you good. Accept working within a smaller area. You will still get a lot of satisfaction."

Benefits:

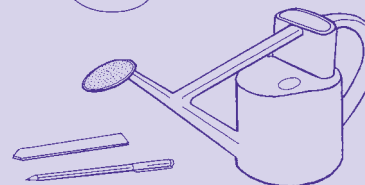
- starts to **increase energy** levels
- helps to **improve blood flow** around your body
- helps to increase **muscle strength** and **balance**.

You will need:

Hand trowel or bulb planter



Plants



Watering can, label/s and pen

- 1 Collect all you need to start planting



"I found planting much easier using a bulb planter. Not much strength is needed and they are lightweight compared to some trowels."

- 2 Make your hole in the ground



- 3 Tip out your plant



- 4 Place your plant in the hole



- 5 Water and label

