



IOWA DEPARTMENT OF NATURAL RESOURCES

# Iowa Forestry Today

Conservation and Recreation



## Trees start small and live big for your heart

February is American Heart Month. It's time to get back to a big, healthy life with simple steps to improve your heart health. Spending time near trees where you live, work and play can improve your overall well-being. A growing pool of research shows that trees reduce pollution, lower blood pressure and heart rate, lower stress and increase physical activity.

The Million Hearts® initiative and CDC Foundation encourage you to “Start Small. Live Big.” Live big by taking healthy steps to get outside and stay active. Walking or biking in nature is a great start to a more active lifestyle. A wealth of research has linked tree cover and green space to increase in activity and lower obesity rates.

Check out these helpful resources with small steps to live big and boost your heart health:

- [Small Steps for a Healthy Heart](#)
- [Vibrant Cities Lab](#)

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## Help your neighborhood live big - plant a tree

You can make a difference in your community by planting a tree in your yard, local park or school. Trees improve the quality of the air we breathe and the water we drink. They beautify our streets and shade our children.

Here are some great opportunities to get affordable trees to plant this spring:

- The Iowa DNR State Forest Nursery offers spring delivery in April and May for hardwood, conifer and shrub seedlings. Visit our online store

at [Nursery.IowaDNR.gov](http://Nursery.IowaDNR.gov) to view seedling varieties and to place your spring order.

- [Trees For Kids grant applications](#) are available online. The grants pay up to \$2,500 for landscape trees and mulch for schools, communities and other public areas. The deadline to submit a spring application is March 4.
- Free seedlings from the State Forest Nursery are available to communities, schools, counties and residents within city limits thanks to a grant from the U.S. Forest Service. Trees can be ordered in increments of 25 up to a maximum of 200. [Apply online today.](#)

