

How ergonomic tools can help gardeners

Gardening is a rewarding activity that has been found to provide a host of benefits beyond ensuring readily available access to fresh fruits, vegetables and awe-inspiring blooms.

The Centers for Disease Control and Prevention says many gardening tasks qualify as light to moderate exercise, which means raking the leaves and cutting the grass can be just as beneficial as cardiovascular activities like brisk walking or jogging. In addition, a 2017 study published in the journal Preventive Medicine Reports found that gardening can help aging men and women offset age-related weight gain. And the health benefits of gardening go

beyond the physical. In 2014, a systematic review of randomized controlled trials published in Complementary Therapies in Medicine concluded that horticultural therapy may be an effective treatment for people with dementia.

Gardeners have a host of tools at their disposal to help turn their lawns and gardens into awe-inspiring landscapes. Among those options are ergonomic tools. Ergonomic tools can benefit gardeners of all ages, but they may prove especially valuable for aging men and women.

Ergonomic gardening tools are designed to ensure that using them has as little effect on the

body as possible. Ergonomic tools align with how a person naturally moves his or her body, which can reduce the likelihood that gardeners will suffer any strains or sprains while gardening or experience any aches and pains after a day spent tending to their landscapes.

The West Virginia University Center for Excellence in Disabilities notes that gardeners will know they have chosen the right ergonomic gardening tool for the job when they do not have to adapt the tool. Ergonomic tools should match gardeners' heights, fit their grip and feel comfortable when in use.

Ergonomic gardening tools are

designed in a way that can reduce stress on the body while performing various tasks. Gardeners know that aches and pains can add up after a day spent kneeling in the garden, raking soil and carrying supplies from a shed or garage around the property. But the WVUCED notes that ergonomic tools do more than just reduce gardeners' risk of injury.

Ergonomic tools increase efficiency. Wasted motions are less likely when using ergonomic tools. That can improve efficiency in the garden, allowing gardeners to get more done in the same amount of time. And because ergonomic tools are designed to work with the body, gardeners

likely won't need to take breaks due to aches and pains, which also makes it easier to be more efficient when working in the garden.

Ergonomic tools increase gardeners' capabilities. The WVUCED notes that principles behind ergonomics keep gardeners using the tools in natural positions. That means gardeners won't lose power to bending and twisting, enabling them to do more in the garden than they might be able to do when using non-ergonomic tools.

Gardening is a rewarding and beneficial activity. The right ergonomic tools for the job can enhance those benefits and make gardening even more enjoyable.

HD-451001

RE Open HOUSES

Open Houses Sunday, April 18, 2021



3114 Evergreen Road, Fraziers Bottom
\$485,000
 2:00-4:00 PM

1 owner home 1 story 4 bed & 2.5 baths. Newer kitchen appliances, Hardwood throughout, FP, 5th bedroom used as playroom. 24.99 acres, riding ring & above ground pool!!! 1st American Home warranty w/upgrade & septic \$680 included. Barn in photo is the neighbors. Floored attic full length of house for storage. 4 wheeler trails on property & a whole house generator conveys. DIRECTIONS: Fraziers Bottom on Rt 817 to Staves Branch Rd to Evergreen

Elizabeth Madore Lewis
 (304) 932-5994

FAMILY FIRST REALTY NET

Family First • 2 Chase Drive, Hurricane, WV
 Mark Madore, Broker • 304-562-2893



5305 Big Tyler Rd, Unit 10, Cross Lanes
\$99,000
 1:00-4:00 PM

Completely renovated brick town-home. 2 spacious bedrooms, 1 1/2 renovated bathrooms, new kitchen cabinets and countertops, all new flooring, all new light fixtures, large walk-up attic storage.

DIRECTIONS: Across the street from the Cross Lanes post office.

For More Information Call
 304-419-2660

FOR SALE BY OWNER



211 Sheridan Circle, Charleston
\$239,000
 2:00-4:00 PM

South Hills area, front of the hill with beautiful views of the city in the much-desired GW school district. New kitchen cabinets, granite countertops, SS appliances, washer & dryer, HVAC unit, hot water tank, & a 12-15-year-old roof. Updated baths & beautiful hardwood floors. 5 bedrooms & 2 1/2 baths, plus a finished basement. Must see!

DIRECTIONS: Corridor G / 119-S to right on Cantley Drive, quick right on Fort Hill Drive, continue to T - then left on McKenley, quick right on Sheridan to house on left.

RE/MAX **RE/MAX**

Real Estate Unlimited
 1556 Kanawha Blvd., E • Charleston, WV 25311

Marlein Habash
 304-610-4523

Jim Weiler - Broker



5405 Staunton Ave SE, Charleston
\$168,000
 2:00-4:00 PM

All brick ranch home in Kanawha City - 3 Bedrooms, 2 full baths. beautiful hardwood floors, tile flooring in what could be a 4th bedroom or lower level rec room, updated modern kitchen and bathrooms, many updates in recent years incl light fixtures, roof, windows, and landscaping. One car garage, extra parking pad, and a fenced yard.

DIRECTIONS: Maccorkle Ave in Kanawha City. Left on 54th St, Right on Staunton Ave.

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 1556 Kanawha Blvd., E • Charleston, WV 25311

Don Stover
 304-546-8941

Jim Weiler - Broker