

HARVEST OF HEALTH



REAP THE BENEFITS OF GARDENING BY MAKING IT A HEALTHY HABIT WITH **OUR GUIDE** TO EVERYTHING FROM EASY-TO-USE TOOLS TO EASY-TO-GROW VEGETABLES.

THE RIGHT TOOLS

All that digging and shoveling is a workout! These specially designed tools can make gardening more comfortable.



DIGGING & SPADING BURNS
179
CALORIES PER 30 MINUTES

1 SHOVEL A wide handle and bigger step give you better leverage. Choose from three sizes to fit your height. Green Heron Tools HERShovel, \$66; greenherontools.com

2 KNEE CUSHION Gardening can be rough on the knees. Jollys' cushion buffers them from the hard ground. \$36.95; gardenclogs.com

3 PRUNER AND SHEARS Contoured handles fit your hand shape and motion; gears make tough cuts easier with a light tool. Fiskars PowerGear2, \$24.99, Hedge Shears, \$41.99; fiskars.com

4 TROWEL A gel insert in the wrist-friendly grip means extra comfort. Ergo Gel Grip Hand Trowel, \$8; Home Depot

5 HOSE NOZZLE A flip of the thumb turns it on; a twist of the wrist adjusts flow. Dramm Revolution 9-Pattern Spray Gun, \$14.99; amazon.com

6 WATERING CAN Get more control from a no-slip, soft grip. Turn the spout backward to stow. Outdoor Pour & Store Watering Can, \$24.99; oxo.com

A soft grip is more secure and can stop rubbing.

ON DOWNING: ILLUSTRATIONS: GETTY IMAGES
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