

TURF'S AESTHETIC APPEAL IMPROVES OUR QUALITY OF LIFE

- Psychologically, the colour green makes us feel closer to nature by being beautiful, restful and relaxing.
- Beauty and nature are essential parts of the human experience and turf grasses play a vital part of the landscape with which we like to surround ourselves.
- Turf is usually the centrepiece of a garden and most people still regard a turfed yard as part of the Australian dream.

Turf can turn your house into a home.

It not only softens the look and increases the beauty of your home but can also increase its value.

For further advice, please consult your local turf care professional or grower.



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TURF HEALTH BENEFITS





turf health benefits

Turf grasses play a critical role in the general health and welfare of our nation and as a result of increasing urbanisation and deforestation; they are becoming more and more important for human health. Lawns and parks provide oases of calm from the stress and trials of daily life.

BEING CLOSE TO TURF IMPROVES OUR QUALITY OF LIFE

- Turf reduces noise and heat which in turn helps reduce stress.
- It improves air quality and helps keep our cities and towns clean.
- Every major city uses grass in parks and other public spaces as an essential part of the city landscape and to keep cities clean and local environments safer.

RESEARCH STUDIES HAVE FOUND

- When people live or work close to nature they are more relaxed and therefore less susceptible to high blood pressure, stress and depression.
- Families who walk in the park report better quality of family life and reduced problems with child behavior.
- Hospital patients with a view of parkland recover much quicker than patients who don't.
- Residents of high rise housing with access to open green spaces enjoy a range of health benefits including better mental health, immunity to disease and greater productivity in their working lives.

TURF IS THE IDEAL SURFACE FOR RECREATIONAL ACTIVITIES

- It provides a healthy clean environment that's ideal for people of all ages. Whether your need is raising a family, walking the dog, playing professional sport or just having a kick around with friends, there's no better surface.
- Whatever you use it for, turf is the safest surface for outdoor leisure activities, games and sports. It reduces the incident of personal injuries through its cushioning ability.
- Children in particular are much better protected when playing and falling on grass than any other surface.
- Not only is turf ideal for cleaning up blood and bacteria associated with sports usage, but it also helps with spills from general outdoor entertaining whether it be a BBQ or the kids picnic birthday party.
- And of course, mowing a lawn also gets you outdoors and provides valuable cardiovascular exercise.

