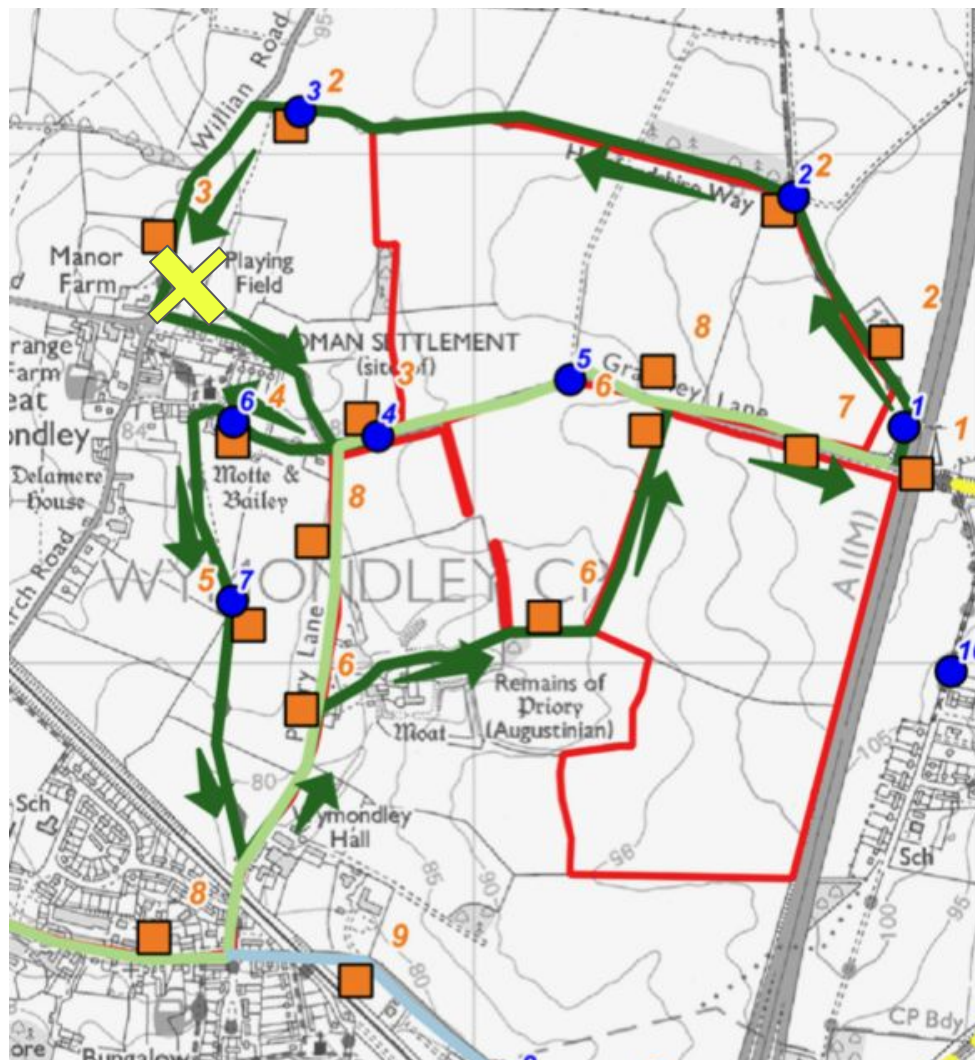


Great Wymondley - Solar Array Proposal
Community Harm Objection - Jessica Simpson MBE
Sept 2023



Who I am and why I'm here



Key facts

- **Physical activity has significant health benefits for hearts, bodies and minds**
 - **Physical activity contributes to preventing and managing noncommunicable diseases such as cardiovascular diseases, cancer and diabetes**
 - **Physical activity reduces symptoms of depression and anxiety**
 - **Physical activity enhances thinking, learning, and judgment skills**
 - **Physical activity ensures healthy growth and development in young people**
 - **Physical activity improves overall well-being**
 - **Globally, 1 in 4 adults do not meet the global recommended levels of physical activity**
 - **People who are insufficiently active have a 20% to 30% increased risk of death compared to people who are sufficiently active**
 - **More than 80% of the world's adolescent population is insufficiently physically active**
-

NATURE AND MENTAL HEALTH: THE BENEFITS



Reduce stress levels

Enjoy the calm of nature, helping to lower your blood pressure and reduce production of stress hormones.



Open up creatively

Nature is an endless resource of inspiration. Head outside for a world of opportunities to be creative.



Be more present

Use the outdoors to practice mindfulness, helping you be more relaxed and less anxious.



Improve your mood

Establish a connection with nature to help build positive long-term outcomes for your wellbeing.



Better your physical health

Walking, running, cycling – it all helps release positive hormones that improve our physical and mental health.



5 minutes of exercise in a park, on a nature trail, or in another green space will enhance mental health.

BARTON, J., PRETTY, J. (2010) ENVIRONMENTAL SCIENCE & TECHNOLOGY

the science of happiness by [happify](#)

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Outdoor learning 'boosts children's development'

YOUR MOVE

Why an outdoor workout is better for you than indoors

"Green" exercise can magnify the benefits of your workout

The Washington Post
Democracy Dies in Darkness





The view from Great Wymondley/ Willian Road.
Recreational ground - c. 20M —>



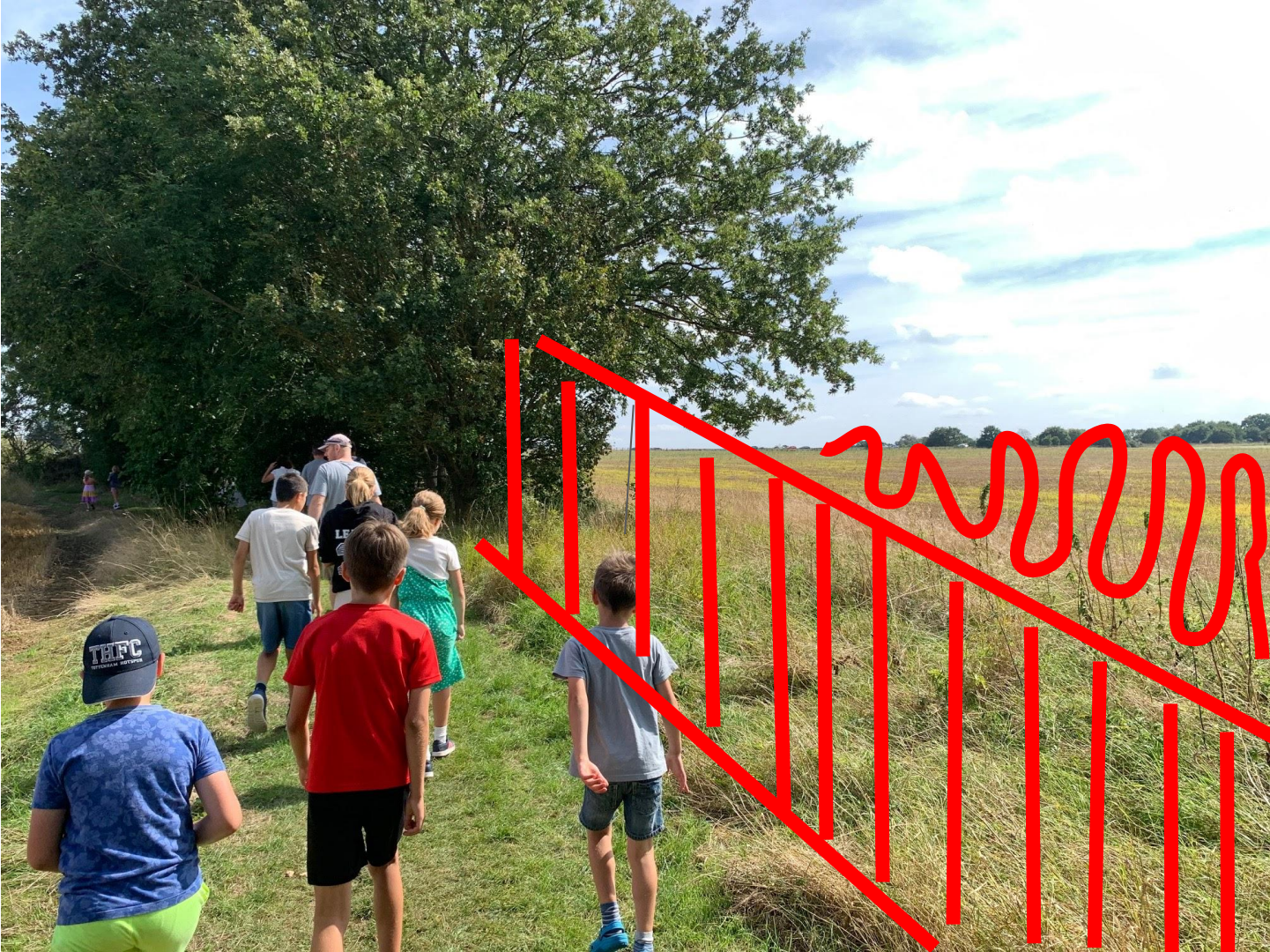


Recreational ground -
c. 70M →



The path from the recreation ground/
Great Wymondley up to the
Hertfordshire way





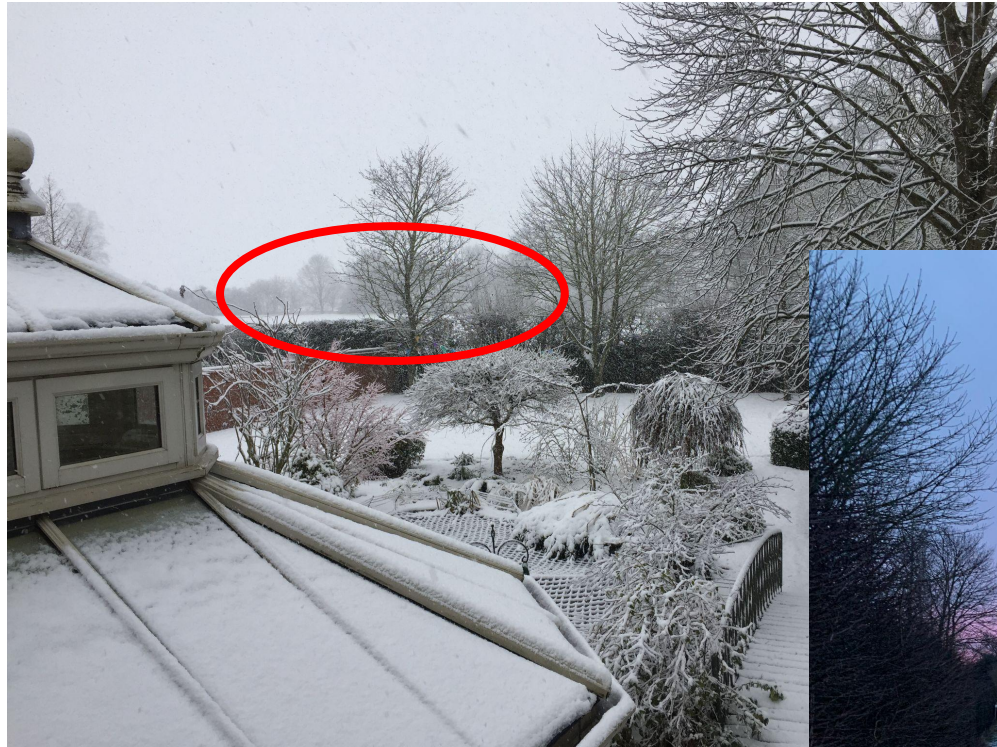




The much-used Hertfordshire way -
skirting the solar farm edge











- “NIMBYS’?
- ‘Receptors’?

