Introduction to Gardening

Many people garden for pure pleasure, while many others garden out of pure necessity. Unfortunately, every time you water the garden, you also water the weeds! While many people garden for the pure pleasure of it many others garden out of pure necessity. Whatever your reasoning, gardening can be a fun bu t formidable recreational activity that can certainly result in injury. There are several tips you should wisely heed regarding the best equipment to use, along with using the proper technique in order to make your gardening experience both pleasurable and injury-free.

Fortunately, there are several strategies you can follow, including using proper equipment and maintaining good posture, to make your gardening experience both pleasurable and injury-free.

This guide is designed to assist you in preventing injuries while gardening by helping you choose the best

gardening equipment, assisting you in preparing your body for the task, and making you aware of the most common injuries that may occur. There is no need to endure pain when you could be outside enjoying your daisies about!

Click on a link below to learn more about:

- the importance of stretching
- enjoying yourself without straining yourself
- using the right tools, right away