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.

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

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; 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, $16.99; 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