

Supplementary Materials



Figure S1. The walking course in Athens. Map data ©2021 Google.

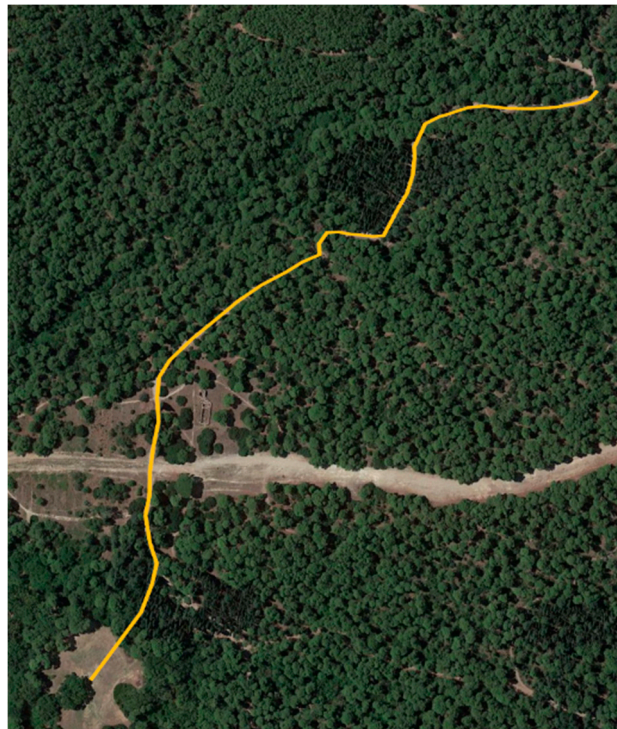


Figure S2. The walking course in Tatoi forest. Map data ©2021 Google.

Table S1. Pre- and post-walking results for the city and forest environment, for SBP, DBP, PR, and SC.

	Pre- and post- tests comparison in the city				Pre- and post- tests comparison in the forest				Post- tests comparison between locations	
	City		t	p	Forest		t	p	t	p
	Pre- test	Post- test			Pre- test	Post- test				
	Mean \pm SE	Mean \pm SE			Mean \pm SE	Mean \pm SE				
SBP	123.6 \pm 2.9	120.2 \pm 2.8	1.472	0.155	124.8 \pm 2.7	117.6 \pm 2.5	3.563	0.002**	1.145	0.264
DBP	74.9 \pm 1.9	73.5 \pm 1.7	0.922	0.366	74.3 \pm 1.9	71.5 \pm 2.1	2.625	0.015*	1.143	0.265
PR	74.7 \pm 2.6	74.9 \pm 2.3	-0.264	0.794	69.5 \pm 2	65.9 \pm 1.9	2.992	0.007**	3.729	0.001**
SC	0.3 \pm 0.03	0.2 \pm 0.02	3.716	0.001**	0.2 \pm 0.02	0.1 \pm 0.01	3.518	0.002**	2.597	0.016*

Note: SBP: Systolic Blood Pressure, DBP: Diastolic Blood Pressure, PR: Pulse Rate, SC: Salivary Cortisol, N = 24, * $p < 0.05$, ** $p < 0.01$ by paired samples t-tests.