

Did you know that being outside in a **park** or near **trees**...



Increases
physical activity

Can improve weight,
blood pressure and
overall health

Helps children
become more
social & resilient

Improves children's school
grades and behavior

Lowers anxiety
and depression

Did you also know that your healthcare provider can prescribe a park for you?



Tell them to go to **ParkRxAmerica.org**
and prescribe a park for you or your family today!

