Get Healthy in the Outdoors

121 state parks
2.2 million acres state forest
5,700 local parks
11,100 miles of trails

Regular outdoor activity:
- PROMOTES weight loss
- REDUCES arthritis pain
- LOWERS blood pressure

Outdoor activity can:
- LOWER THE RISK of diabetes, certain cancers, cardiovascular disease, and osteoporosis

Outdoor settings REDUCE stress, anxiety, and depression

NATURAL SETTINGS CALM the MIND

Outdoor recreation IMPROVES confidence and self-esteem

OUTDOOR ACTIVITY

#1 BENEFIT of Outdoor Activity: STRESS Reduction

3/4 of Pennsylvanians believe PARKS, TRAILS, and OPEN SPACES are an essential part of their healthcare system

Outdoor recreation IMPROVES memory and creativity

Outdoor activity RELAXES

OUTDOOR ACTIVITY

#1 Outdoor Recreation: WALKING

www.PAParksandForests.org