121 state parks

2.2 million acres state forest

5,700 local parks

11,100 miles of trails

Get Healthy in the Outdoors

Regular outdoor activity:

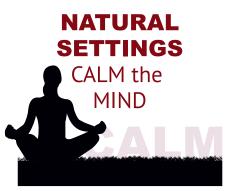
- PROMOTES weight loss
- REDUCES arthritis pain
- LOWERS blood pressure

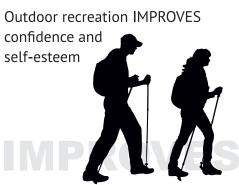




Outdoor activity can:
LOWER THE RISK of diabetes,
certain cancers,
cardiovascular disease,
and osteoporosis







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 Outdoor Recreation: WALKING

