

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

PENNSYLVANIA
Parks & Forests
FOUNDATION

www.PAParksandForests.org