

# REASONS TO GET OUTDOORS

- ✓ There is something for everyone! The types of activities you can do in nature are limitless. From reading, sunbathing, gardening, and walking to hiking, fishing, and canoeing. Whatever your physical capabilities might be, there is something for you!
- ✓ You don't have to go it alone! There are many groups out there to join. Volunteer Friends groups, hiking clubs, bicycle clubs, and canoeing/kayaking clubs are just a few of the available options.
- ✓ Nature, fresh air, sunshine, and exercise all produce physical and mental health benefits. With just 20 minutes in nature, you can begin to feel them.

## THAT'S RIGHT! OUTDOOR ACTIVITY...



**Enhances mood**



**Fights chronic illness**



**Improves cognitive abilities**



**Strengthens immunity**



**Improves Sleep**



**Prevents social isolation**

Visit [www.paparksandforests.org](http://www.paparksandforests.org) for information about state parks and forests near you!

# THE BENEFITS OF THE OUTDOORS

## Getting outdoors means...



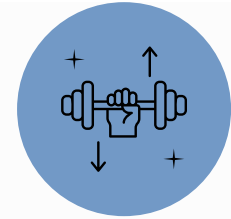
Vitamin D boost



Time among nature



Safe socializing



Physical Activity

## which leads to...



Improved cognitive abilities



Improved Sleep



Strengthened immune system



Enhanced mood, reduced stress  
and lower risk of depression



Reduced risk of diabetes



Faster recoveries



Reduced risk of heart disease



Reduced risk of obesity

In PA's state parks and forests, there are activities for all interests and capabilities.  
Getting outdoors has a big impact on your quality of life!

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