

Get Healthy in the Outdoors

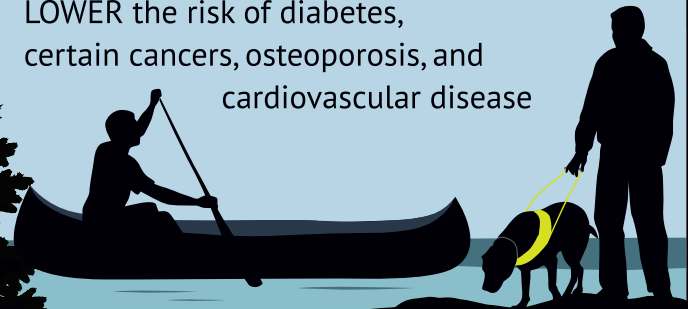
124 state parks
2.2 million acres state forest
6,000 local parks
✈ **11,100 miles of trails**

Regular outdoor activity:

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



Outdoor activity can:
LOWER the risk of diabetes,
certain cancers, osteoporosis, and
cardiovascular disease



Outdoor settings
REDUCE stress,
anxiety, and
depression



NATURAL SETTINGS

CALM
the
MIND



Outdoor recreation IMPROVES
confidence and
self-esteem



#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



#1
Outdoor
Recreation:
WALKING

PENNSYLVANIA
Parks & Forests
FOUNDATION