April 24- National Park Rx Day

A big part of celebrating National Park Week is celebrating your health!

National Park Rx Day is a day celebrated across the United States to promote the growing movement of prescribing parks and nature to patients to improve human health. Additionally, National Park Rx Day encourages everyone to start seeing visits to parks and public lands as very important parts of their health.

"Nature is good for us, it is a great antidote to a variety of ailments, including obesity, heart disease, and depression," said National Park Service Director Jonathan B. Jarvis. "A growing number of public health officials now prescribe time in parks for the well being of their patients. It is becoming a standard medical practice to tell patients to take a hike."

THE FOUR MAIN GOALS OF NATIONAL PARK RX DAY ARE:

- To amplify the visibility and viability of the nation-wide Park Rx movement in parks and communities across the nation.
- To celebrate existing Park Rx programs and practitioners across the country.
- To serve as a catalyst to bring together local health providers, park agencies, community leaders, and nonprofits to begin dialogue and momentum to develop their own Park Rx programs for improvement of their communities.
- To increase the relevance of parks for all people; how people can connect with parks daily for their improved physical, mental, and spiritual health and create a new generation of park stewards.

"We know that an average of 22 minutes a day of physical activity – such as brisk walking in a National Park – can significantly reduce the risk of heart disease and diabetes," said U.S. Surgeon General Dr. Vivek H. Murthy. "The key is to get started because even a small first effort can make a big difference in improving the personal health of an individual and the public health of the nation."

For additional information and a listing of events, visit http://www.parkrx.org/