Being obese puts a person at greater risk for chronic illness, including coronary heart disease, high blood pressure, stroke, type 2 diabetes, cancer, and reproductive problems. Obesity costs the U.S. $190 billion each year. 29 million Americans suffer from diabetes and are at higher risk of heart disease, stroke, blindness, kidney failure, and lower limb amputation. Coronary heart disease is the leading cause of death for both men and women. 15.7 million adults reported having at least one major depressive episode in the past year.

Spending time in parks translates to being more physically active. Spending more time in parks translates to being more physically active.

Outdoor activity improves both mental and physical well-being more than indoor activity. Diabetics who spend more time in nature are more physically active and show better blood sugar control.

Spending time in nature is associated with better cognitive development in schoolchildren. Spending time in nature decreases anxiety and negative thinking and lowers levels of depression and stress.

The closer we are to green space, the less we suffer from cardiovascular, musculoskeletal, mental health, respiratory, neurological, and digestive diseases. Spending time in Nature helps to decrease high blood pressure. Spending time in nature decreases anxiety and negative thinking and lowers levels of depression and stress.

Ask your doctor for a park prescription today! www.ParkRx.org

Spending more time in nature is associated with better blood sugar control. Diabetics who spend more time in nature are more physically active and show better blood sugar control.