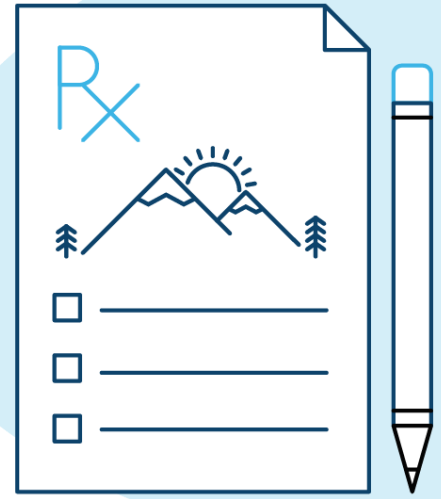


Park Rx Checklist



Research has shown that spending 20 minutes outside is enough to improve a person's mental and physical health. To complete the Park Rx Challenge, accomplish at least 5 of the listed activities. Let us know which activities you chose and which you loved the most!



Visit a park, trail, or green space. Focus on your surroundings by completely unplugging from your phone and leaving the headphones at home.



Practice forest bathing by fully immersing yourself in nature in a mindful way. Engage your senses by listing three sounds, two different textures and one new scent.



Nurture a plant. Indoors or outdoors!



Recruit friends and family to join you in an outdoor, physical activity.



Find a place you can see the stars. Identify the big and little dipper and other constellations.



Walk or bike to work or a nearby location.



Step outside and take several deep breaths.



Set a goal to spend ____ hours outside this week.

