

Name _____

Date _____

My Outdoor Activity Plan (2 hours/week, 20+ minutes at a time):



Health Professional's Signature

Prescription #: ON-MD001 – _____ – _____
(YYMMDD) (Patient's Initials)

Register your PaRx for a chance to win prizes.
Head to PARKPRESCRIPTIONS.CA



Endorsed by

Ontario College of
Family Physicians 

 **RNAO**

 **SGFP**
ONTARIO SOCIETY OF GENERAL & FAMILY PHYSICIANS

 **npac**
NURSE PRACTITIONERS' ASSOCIATION OF ONTARIO

 **afhto** association of family health teams of ontario

Park Rx:

For a Healthy You and a Healthy Planet



2 hours/week, 20+ minutes at a time: that's all it takes!

The Benefits of Nature Time

For Adults

- ✓ Reduce Blood Pressure (if elevated)
- ✓ Reduce health effects of excess weight
- ✓ Reduce lung disease symptoms
- ✓ Reduce asthma symptoms
- ✓ Decrease risk of heart disease & stroke
- ✓ Improve immunity
- ✓ Reduce blood sugar in people with diabetes and diabetes risk
- ✓ Improve mental health
- ✓ Increase feelings of wellbeing
- ✓ Reduce stress
- ✓ Feel younger
- ✓ Reduce dementia & improve cognition
- ✓ Have a healthier pregnancy
- ✓ Improve some cancer outcomes

For Children & Youth

- ✓ Better brain & physical development
- ✓ Reduce asthma symptoms & allergies
- ✓ Healthier weight
- ✓ Improve coordination
- ✓ Improve mental health & resilience
- ✓ Feel more confident
- ✓ Decrease stress
- ✓ Improve social cooperation
- ✓ Improve grades
- ✓ Improve focus at school
- ✓ Reduce ADHD symptoms
- ✓ Improve immune system

Check your local library to see if you can borrow a **park** pass for free!

Watch [our short video](#) to learn more about the health benefits of time in **nature** (<https://youtu.be/L7hp1YdF6fk>).

