

**121**  
state parks  
**2.2 million**  
acres state forest  
**5,700**  
local parks  
**11,100**  
miles of trails

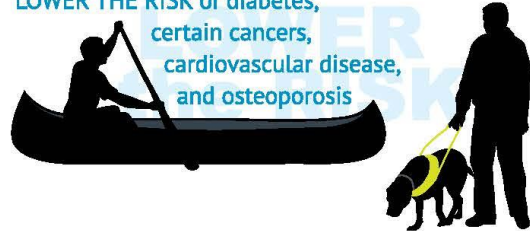
# Get Healthy in the Outdoors

Regular outdoor activity:

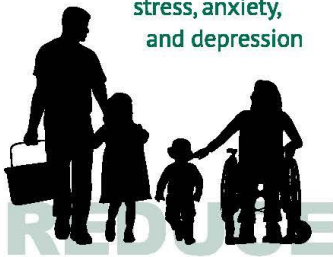
- PROMOTES weight loss
- REDUCES arthritis pain
- LOWERS blood pressure



Outdoor activity can:  
**LOWER THE RISK** of diabetes,  
certain cancers,  
cardiovascular disease,  
and osteoporosis



Outdoor settings **REDUCE**  
stress, anxiety,  
and depression



**NATURAL  
SETTINGS**  
CALM the  
MIND



Outdoor recreation **IMPROVES**  
confidence and  
self-esteem



**OUTDOOR  
ACTIVITY**  
#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**



**OUTDOOR  
ACTIVITY**  
#1  
**Outdoor  
Recreation:  
WALKING**

PENNSYLVANIA  
**Parks & Forests**  
FOUNDATION

[www.PAParksandForests.org](http://www.PAParksandForests.org)