

We would like to acknowledge that we are gathered today on the traditional territories of the Musqueam, Squamish and Tsleil-Waututh peoples.

Source: [www.ijohomaps.net/na/canada/bc/vancouver/firstnations/firstnations.html](http://www.ijohomaps.net/na/canada/bc/vancouver/firstnations/firstnations.html)





A photograph of a forest path with sunlight filtering through the trees. The path is made of dirt and is flanked by tall, thin trees. The sun is shining from the upper right, creating a bright spot and casting long shadows on the path. The trees are mostly evergreens, and the overall atmosphere is peaceful and natural.

# PaRx

A Prescription  
for Nature



In one word, describe  
how you feel when you  
are outside in nature.

calm  
peaceful  
peaceful  
peaceful

restored re-energized  
fresh relaxed  
grounded happy  
peace safe  
best wonderful  
present

A word cloud featuring various positive terms in different colors and sizes. The words are arranged in a roughly horizontal, overlapping fashion. The colors used are shades of green, brown, and orange. The words include: 'peaceful' (large, dark green), 'calm' (large, medium green), 'connected' (large, dark brown), 'energized' (medium, orange), 'relaxed' (medium, light green), 'free' (medium, orange), 'content' (medium, dark green), 'creative' (medium, dark brown), 'clarity' (medium, orange), 'blissful' (medium, light green), 'mindful' (medium, light green), 'refreshed' (medium, orange), 'light' (medium, light green), 'awake' (vertical, dark green), and 'peaceful' (medium, dark green).

creative clarity  
blissful peaceful  
energized mindful  
awake relaxed calm free  
connected content  
refreshed light

healthy  
by nature





A scenic landscape photograph showing three hikers in a mountain valley. The hiker in the foreground is wearing a teal jacket and a large green backpack, using a green trekking pole. The hiker in the middle is wearing a red jacket and a black backpack, standing on a log bridge. The hiker in the background is wearing an orange jacket and a blue backpack, also on the log bridge. The stream flows through the valley, and the mountains are covered in green vegetation. The sky is overcast.

Get more people outside, more often, to  
enjoy nature and benefit from green time.



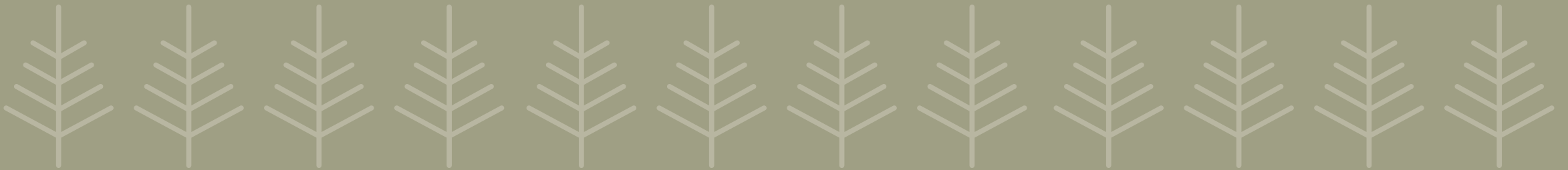








We are building  
a lifestyle.









#OutsideandUnplugged





PaRx  
A Prescription  
for Nature



The PaRx Program will be used nationwide to help diverse communities and individuals gain the **health benefits** from increased time and activity in nature.

PaRx will support an increase in outdoor recreation to help to build the culture of **environmental stewardship** to protect and maintain our parks.

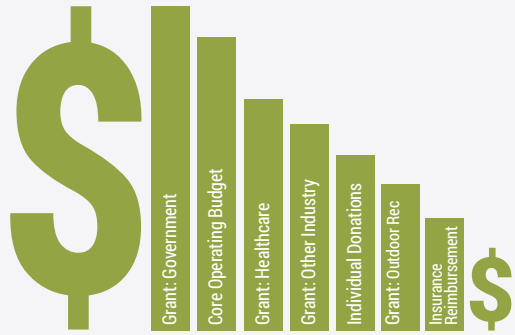


*Park prescriptions  
programs in  
the US*



**Start a journey to better health**



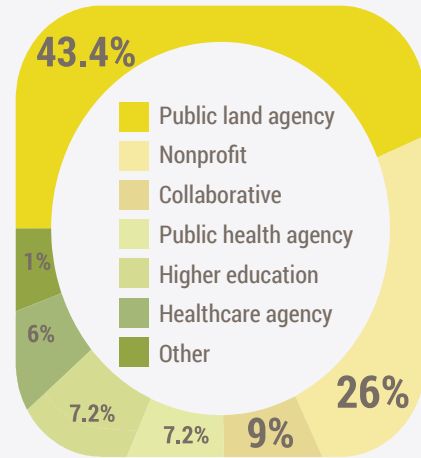


## ParkRx Funding Sources

Over 37% of programs rely on 2 or more funding sources.

## Coordinating Agency

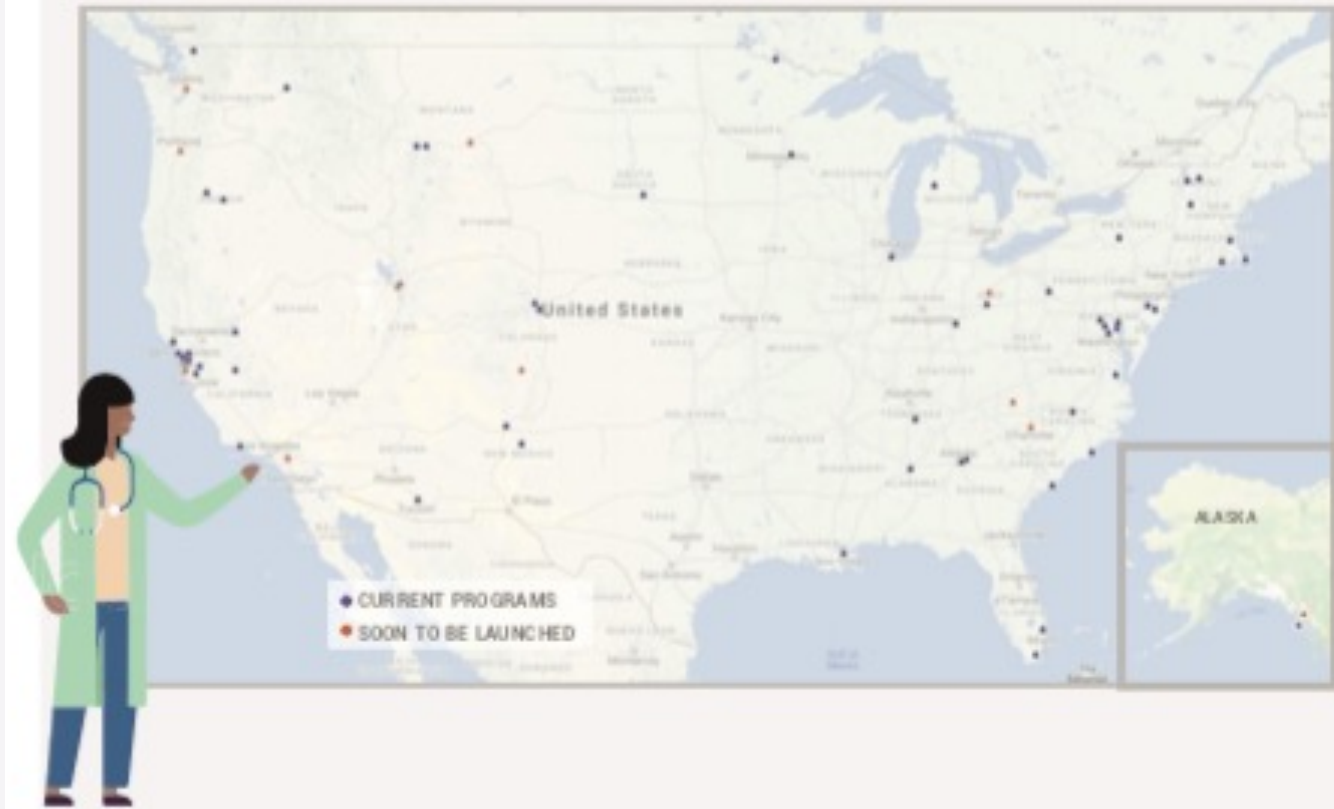
Public land agencies and nonprofits most often lead ParkRx programs.



## ParkRx Prescribers

The majority of programs work with multiple healthcare and social service professionals that recommend individuals to spend time in nature.

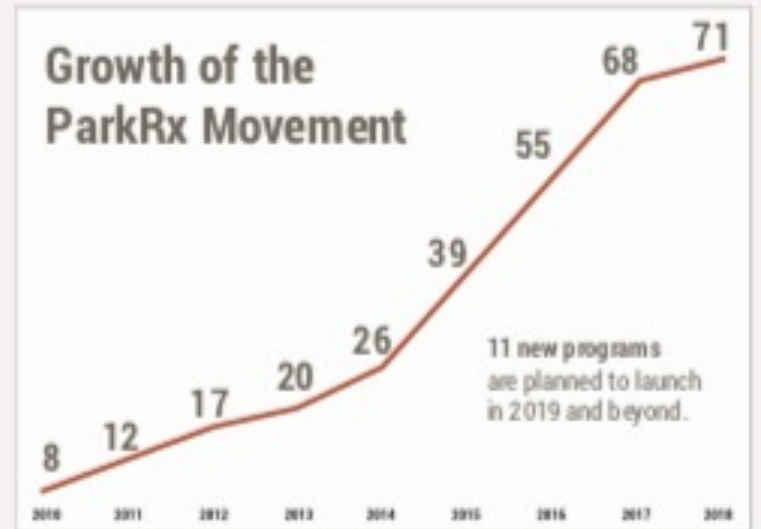
**Nurses**  
**Dietitians**  
**Doctors**  
**Health Educators**  
**Nurse Practitioners**  
**Mental Health Professionals**  
**Social Workers**  
**Medical Assistants**  
**Physical Therapists**



There are currently 71 ParkRx programs in 32 states and the number is growing!

The different programs featured here share one important element of innovation: they leverage the health or social service sectors to encourage individuals to spend time in nature for their health and well-being.

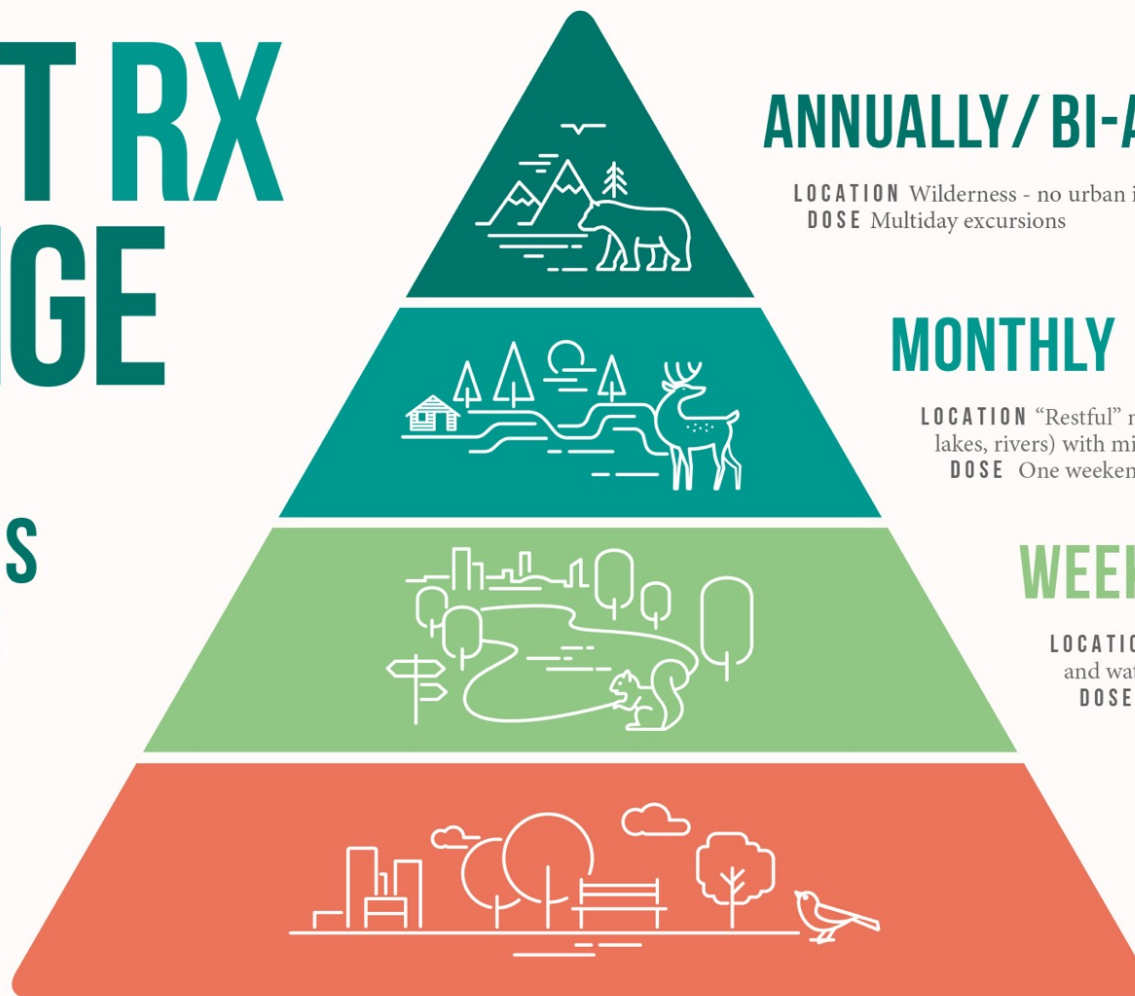
To make sure your program is included, please contact [instituteatgoldengate.org/contact](http://instituteatgoldengate.org/contact).





# THE SHIFT RX CHALLENGE

## TAKE YOUR DOCTOR'S RECOMMENDATIONS FOR PHYSICAL ACTIVITY OUTSIDE



### ANNUALLY/ BI-ANNUALLY

**LOCATION** Wilderness - no urban intrusion  
**DOSE** Multiday excursions

### MONTHLY

**LOCATION** "Restful" natural areas (e.g., national parks, lakes, rivers) with minimal urban intrusion  
**DOSE** One weekend per month

### WEEKLY

**LOCATION** Bigger / wilder city, state, regional parks and waterways with less urban intrusion  
**DOSE** Two hours per week

### DAILY

**LOCATION** Nearby nature (e.g., outside in daylight with fresh air-gardens, neighborhood parks, fountains, urban wildlife)  
**DOSE** 30 minutes per day

## RECOMMENDED "DOSES" OF NATURE

Should be taken in conjunction with The U.S. Department of Health and Human Services' Recommendations for Physical Activity.

At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 minutes outside in nature;

OR

At least 25 minutes of vigorous aerobic activity outside at least 3 days per week for a total of 75 minutes outside in nature;

OR

A combination of moderate- and vigorous-intensity aerobic activity outside in nature;

PLUS

Moderate - to high-intensity muscle-strengthening activity at least 2 days per week outside in nature for additional health benefits.

## Physicians are in a unique position

- ✓ Trusted health care provider
- ✓ Ability to educate, counsel, and follow-up
- ✓ Promote behaviours to improve health and well-being

## Key barriers for physicians

- 1 Billing
- 2 Evidence
- 3 EMR inclusion
- 4 Time to counsel
- 5 Consistent follow-up
- 6 Regional relevance





Name \_\_\_\_\_

Date \_\_\_\_\_

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



\_\_\_\_\_  
Health Professional's Signature

Prescription #: ON- \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
(Unique Provider Code) (YYMMDD) (Patient's Initials)

Register your PaRx for a chance to win prizes.  
Head to [PARKPRESCRIPTIONS.CA](http://PARKPRESCRIPTIONS.CA)



# PaRx

## PaRx

*Side effects may include:*

- Living longer
- Increased energy
- Decreased anxiety
- Better mood
- Pain reduction
- Reduced stress levels
- Improved heart health

Ask your doctor.



## PaRx

*One Solution to*

- Fatigue
- Anxiety
- Tension
- Stress
- Pain reduction
- Heart health

Learn more  
about PaRx at  
[www.parkprescriptions.ca](http://www.parkprescriptions.ca)



- ✓ Evidence-based, system-specific fact sheets for adults and kids on the health benefits of nature time.
- ✓ Evidence-based tips to maximize the effectiveness of nature prescriptions.

# PaRx

A Prescription  
for Nature

