

National & Natural Resources to Enhance Wellbeing

Presented by

Amy Cohen,
Director Communications



Chip Ross, MA, RD, LDN
Wellbeing Program Manager, North America



Who is Ramp Health?



Founded in 2002

National provider of rapidly deployed,
turnkey, scalable healthcare services

Onsite, near-site, mobile, and
virtual solutions

10,000+

*health clinics
delivered*



1,000,000+

*flu and COVID-19
vaccinations
performed*



2,000,000+

*health
screenings
completed*



3,000,000+

*tests
administered*



7,000,000+

*coaching
sessions
conducted*



1,000+

*employer
locations
served*



No conflict of interest to disclose. I am the Communications Director on the Product Development Team at Ramp Health where our purpose is to improve people's lives.

Overview

Explore the dual benefits of natural outdoor environments for physical and psychological health and wellbeing.

Share a successful approach to leveraging natural resources while focusing on social connection through wellbeing challenges.

How a rekindled appreciation for connectedness to nature can help preserve the health of both people and natural places.



Nurtured by Nature

How much time do you spend staring at a screen each day?

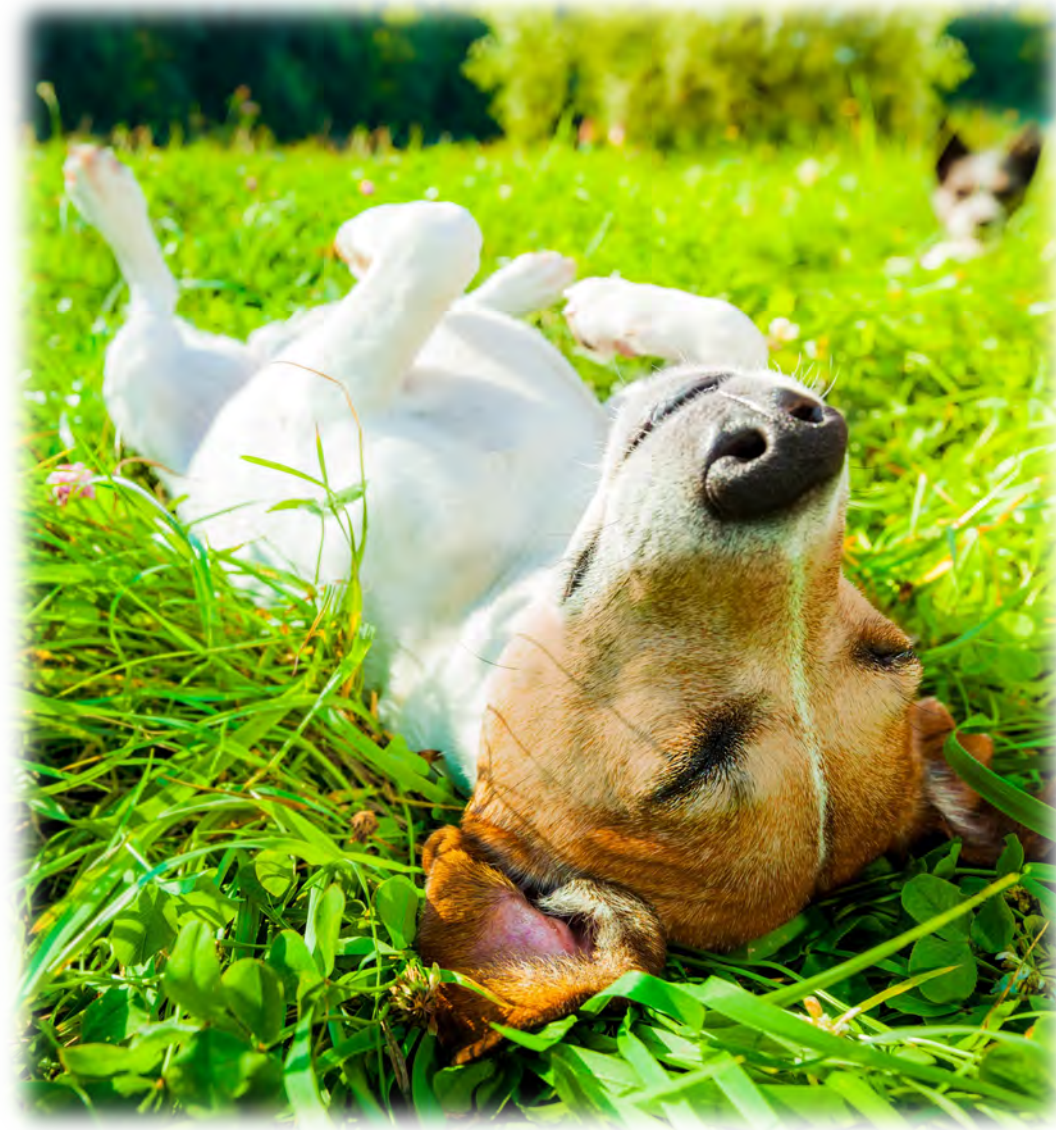
- Most Americans clock in more than 10 hours*

Increasing reliance on technology, combined with urban living, means less time outdoors.

- Scientists compiling evidence of the value of getting outside into the natural world.

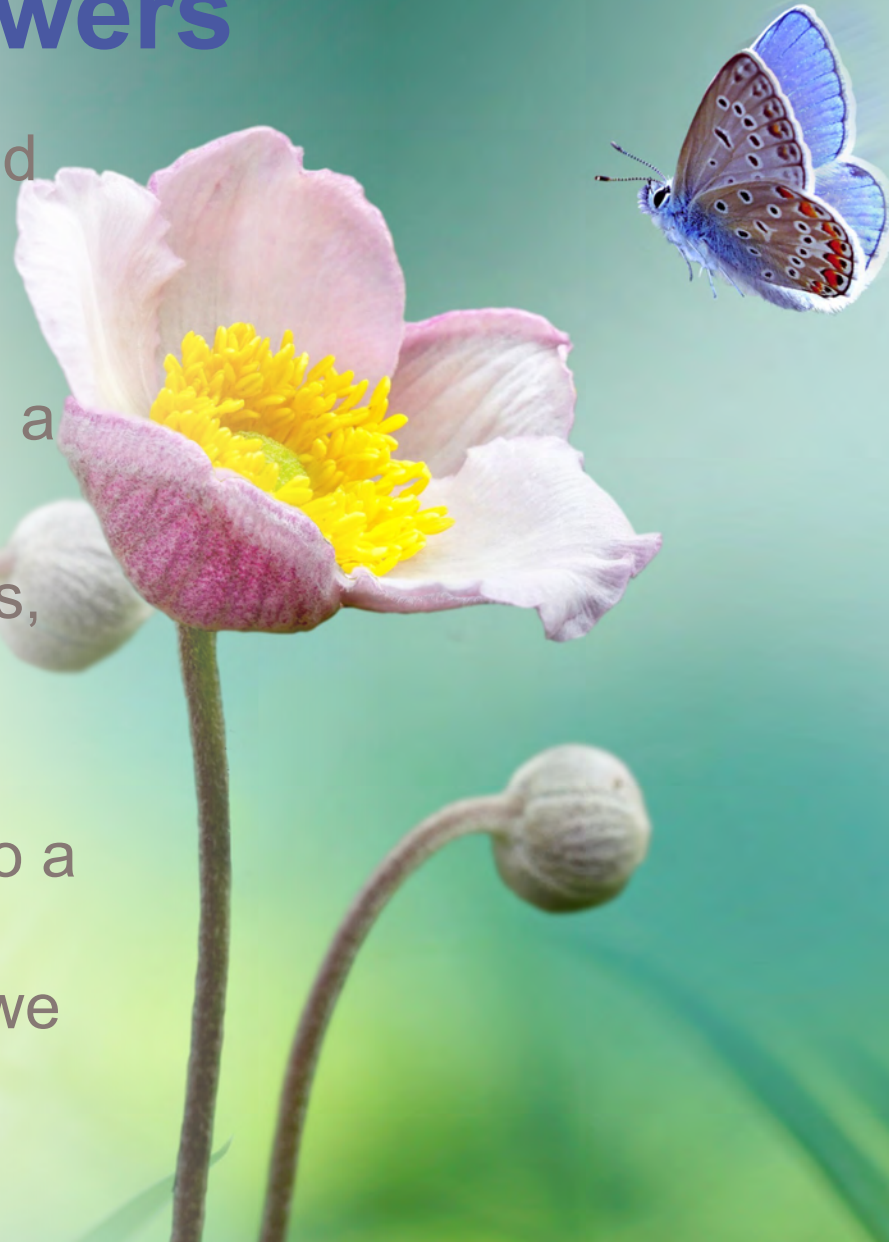
Health-promoting characteristics of green spaces, forests and parks linked to:

- Improved attention
- Stress reduction
- Buffering stressful life events and psychological outcomes
- Empathy and cooperation



Nature's Healing Powers

- A few minutes of green perk up a tired brain.
- Improvements in attention, positive emotions, and the ability to reflect on a life problem.
- Exposure to nature in person, images, sound or video.
- Effects are stronger actually being outside. Caveat. A break from work to a wild remote place is no use. Take advantage wherever and whenever we can.



Syngenta Crop Protection

- Leading agricultural company helping to improve global security by enabling missions of farmers to make better use of available resources.
- Syngenta is a unique company where people from very diverse backgrounds are united by our purpose: ***Bringing plant potential to life.***



Reaping Rewards Program

A Place to Thrive

- Syngenta cares about the total well-being of their employees and that includes emotional, mental, and social wellness.
- Employees complete wellness tasks and receive rewards for establishing a work/life balance, receiving a physical, quitting smoking, or regular physical activity.
- Employees can then redeem their points for a cash reward.



Reaping Rewards
HEALTHIER LIFESTYLES FOR A LIFETIME



March 2023

WELLBEING Review



Welcome to the new version of our newsletter: The Reaping Rewards Wellbeing Review!

This newsletter will be available, along with the quiz, online on the first day of each month.
(REMINDER: July and December do not have quizzes).

Each monthly issue will include articles and information which offer a refreshing perspective on wellbeing, such as ideas on how to incorporate physical activity into your daily life, eating to best feed our body and mind, and strategies on how to find balance in all parts of our lives.

In addition, I'm excited to announce our slate of challenges for the year, including the Walk Well Activity Challenge, beginning on March 27! Remember, participation and completion of all four of our challenges this year will make you eligible for a grand prize drawing at the end of the year!

For more information, visit www.SyngentaWellBeing.com



Reaping Rewards
HEALTHIER LIFESTYLES FOR A LIFETIME

2023 CHALLENGES → AT A GLANCE

Walk Well

MARCH 27 - MAY 7

GET UP AND GO IN THIS WALKING CHALLENGE TO:

-  Improve mood and reduce stress
-  Maintain a healthy weight
-  Reduce risk of illness
-  Enjoy walking for physical activity

QUARTER 2

JUNE 5 - JULY 2

NO TIME LIKE THE PLEASANT



www.SyngentaWellBeing.com

QUARTER 3

AUGUST 28 - OCTOBER 15

LIGHTS, CAMERA, ACTION!



www.SyngentaWellBeing.com

QUARTER 4

NOVEMBER 15 - JANUARY 5, 2024

HALT THE HOLIDAY HEFT



www.SyngentaWellBeing.com

Visit www.SyngentaWellBeing.com to activate your profile and join the challenges!

IN THIS ISSUE: Nourishing Drinks | Spring Fresh Foods

Can't Buy A Bowl | Dreaming Away Disease | Finding The Pot of Gold | Exercise and Daylight Savings

Syngenta's Motivation

- Providing virtual adventures through challenges since 2017.
- Recognized during COVID-19 pandemic that social distancing would lead to a lack of social connectedness that impacts loneliness, feelings of isolation, and other mental health issues.
- Closed gyms created need for alternative ideas for fitness.
- Hybrid approach for remote workers.
- Encourage people to get outside for activity and provide a virtual experience to inspire real-life adventures outdoors.
- Social wellness challenge content based on new norms of social distancing.



Social Wellness Challenge

Social wellness challenges to cultivate supportive meaningful relationships while respecting oneself and others.

- Spend quality time with friends and family.
- Learn conflict resolution.
- Improve communication skills.
- Maintain meaningful relationships.



Social Support and Connection Challenge

Relationships Matter
Social Wellness Challenge

MAY 31 - JUNE 27, 2021

Having supportive and meaningful relationships, respecting oneself and others is the path to social wellness.

In this challenge you will:

- Spend quality time with friends and family.
- Learn conflict resolution.
- Improve communication skills.
- Maintain meaningful relationships.

**IMPROVE
QUALITY
OF LIFE**

www.SyngentaWellBeing.com

Demonstratable Outcomes and Success

Syngenta's Social Wellness Challenge Successful Outcomes:

12% increase in perceived network of close family/friends

17% increase in comfort to reach out to others for support

10% increase of interest in people with different backgrounds of their own

“ This challenge has made me aware how important relationships are with others. I have made it my goal to go out of my way to be more involved and keep my relationships healthy and happy.”



Participant Feedback



- ❑ “I decided to invest more time into my family connections and make new deeper friend relationships.”
- ❑ “This activity has helped me appreciate my own wellness by taking 30 minutes a day to stop and relax”
- ❑ “This has made me aware how important relationships are with others. I have made it my goal to go out of my way to be more involved and keep my relationships healthy and happy.”
- ❑ “Communication has improved by being open, honest, and removing judgment from questions/statements.”
- ❑ “My relationship with my husband is much improved. We have been talking more and spending more time together.”
- ❑ “I am more willing to open up and ask for input before making decisions.”
- ❑ “Participating in this challenge it has helped me to look at taking opportunities to spend quality time with family and friends. It helped me look at some family members I don't spend enough time with and scheduled that much needed one on one. I will continue to make time and spend it with family and friends in the future instead of using the excuse that I am too busy.”

Participant Feedback



- ❑ “Because of the quarantine, I became very focused on just those in my household. Purposely reaching out to others during this challenge made me realize how much I missed seeing friends and family. Also, I really appreciated the other participants stories, which gave me ideas how to re-connect with others.”
- ❑ “I have been actively connecting with my teenage daughter every day for the last several weeks. It has brought us a lot closer and makes me feel like I am still part of her life. The teenage years are very challenging, but focusing on my own relationship with her has helped tremendously.”
- ❑ “ I decided to invest more time into my family connections and make new deeper friend relationships.”
- ❑ “I have been working on setting and holding boundaries, and it has made me a much happier person.”
- ❑ “This activity has helped me appreciate my own wellness by taking 30 minutes a day to stop and relax.”

Message Board Posts

Total of 665 posts!

"I'll miss this relationship challenge. Hope everyone had a good time and continue with the journey to a happier and more fulfilling life."



Michele Gardiner
Sunday 1:12 PM

Enjoyed a walk in the early morning as the sun rose about the foothills



Kevin Wasilewski
Sunday 1:08 PM

Enjoyed a day of golfing with some friends yesterday



Deborah Kemble
Sunday 10:41 AM

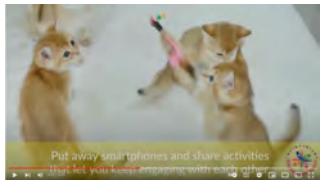
I really enjoyed this challenge and I look forward to participating in more challenges!



Sun G Chen
Sunday 8:48 AM

I'll miss this relationships challenge. Hope everyone had a good time and continue with the journey to a happier and more fulfilling life..

Challenge Videos and Action Oriented Questions



How do you determine that you can count on someone?

Describe what actions you use to show your loved ones that you are trustworthy and can be counted on?

50 Ways to Connect



1. Listen
2. Put away your phone
3. Volunteer together
4. Take a class
5. Write a note
6. Pitch in
7. Compliment
8. Acknowledge positive actions
9. Pay attention
10. Ask about their day
11. Give a hug
12. Go on a walk together
13. Surprise them with dinner
14. Go on a road trip
15. Plan small outings
16. Say thank you
17. Cook a meal together
18. Cuddle
19. Say, "I like you."
20. Eat at the table
21. Turn off the TV
22. Laugh together
23. Express gratitude
24. Enjoy a quiet moment
25. Ask questions
26. Make a person feel special
27. Smile
28. Make eye contact
29. Schedule quality time
30. Be present
31. Be authentic
32. Surprise with a small gift
33. Reach out
34. Offer to listen
35. Share something about yourself
36. Let someone do something nice for you
37. Work together on a project
38. Play a game
39. Share a unique experience
40. Follow through
41. Be empathetic
42. Do a random act of kindness
43. Be comfortably silent
44. Talk about ideas
45. Create something together
46. Don't gossip
47. Keep confidences
48. Apologize if you caused hurt
49. Share something vulnerable
50. Be transparent

Tips and Messages

TIPS

NURTURE YOUR RELATIONSHIPS

Healthy and long lasting relationships need nurturing.

- Follow through on commitments. It shows accountability and care.
- Be honest and empathetic. This builds trust.
- Don't blame or criticize. Finding fault destroys relationships.
- Inject positive energy and avoid trying to "fix" a person. In contrast to helping, being of service is a relationship between equals.
- Show appreciation of others. Gratitude makes us nicer, more trusting, social and appreciative.



TIPS

RECOGNIZE HEALTHY RELATIONSHIPS

Every relationship has a mix of healthy and unhealthy characteristics. What makes a bond positive is that each person recognizes that these bonds take work and each person strives to maintain the connection and remedy the problems. Some key characteristics of a healthy relationship include:

- **Trust.** Established by treating each other well, being dependable and being there when you need them.
- **Openness and honesty.** You should be able to feel that you can be yourself in a healthy relationship.
- **Mutual respect.** Support and security is offered to one another, not demeaning or belittling.
- **Communication.** When conflicts do arise, avoid personal attacks. Remain respectful and empathetic while discussing thoughts and feelings to work towards a resolution.
- **Reciprocity.** This doesn't mean that give-and-take is always 100% equal, but you do things for each other, because you genuinely want to.



TIPS

Maintaining Friendships

As work and family commitments take up more time, social connections tend to take a back seat. Keeping cherished friends doesn't have to be a huge time commitment.

- If there are certain times when you are less available, giving friends a heads up can minimize conflicts when someone feels left out or ignored.
- Avoid blowoffs. "I'm too busy" can be misinterpreted as not wanting to spend time. Be clear about your busyness and offer another way to connect at some point.
- Small gestures go a long way. Make a phone call or send a text to ask others about their day and let them know you are thinking about them.



TIPS

Dedicate Time for Family

Being physically present isn't the same thing as spending quality time. It's important to devote time exclusively to your loved ones. Consider these strategies for staying connected with your family:

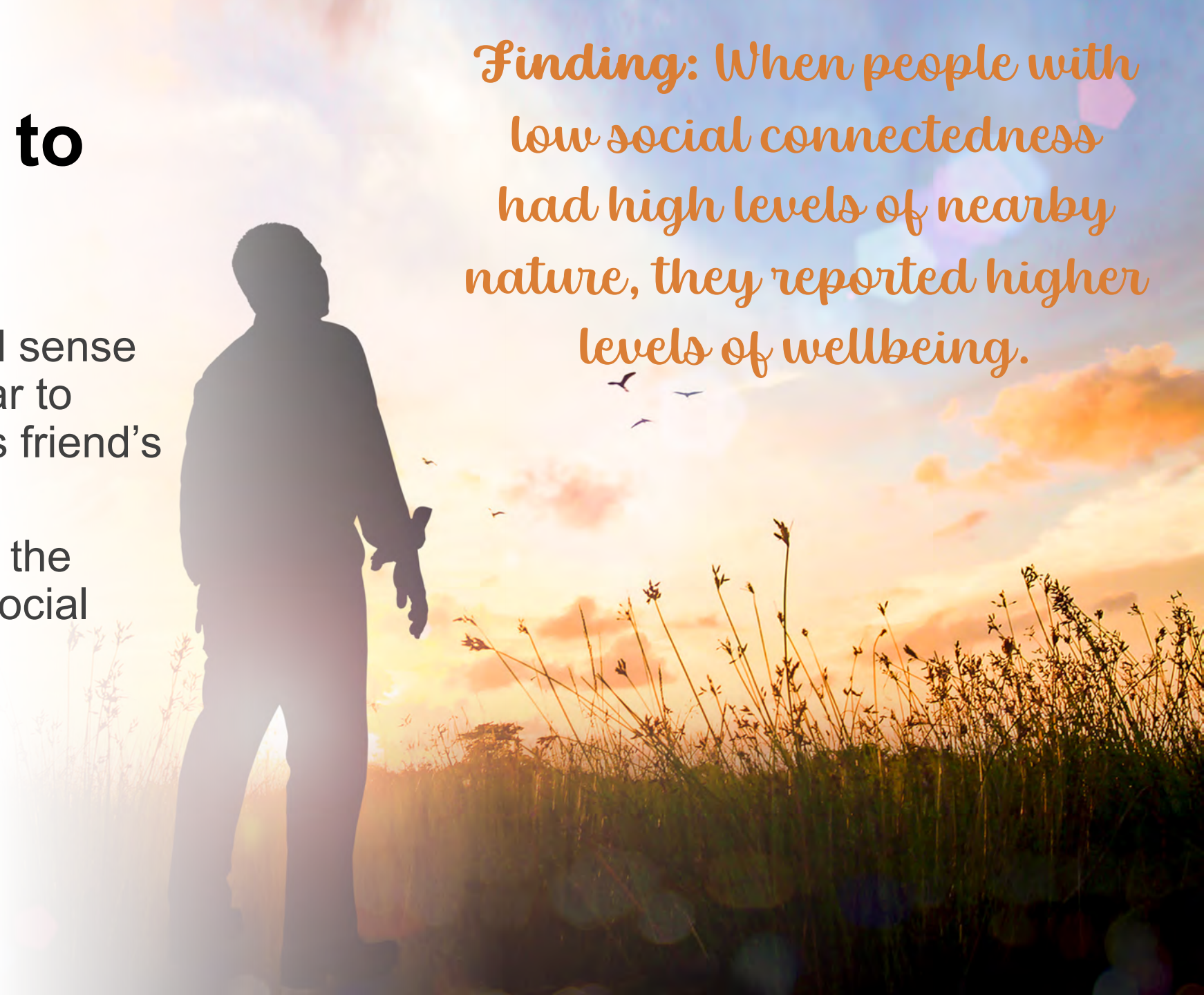
- Plan weekly quality time, such as a game or movie night where all notifications are off.
- Establish clear boundaries to help maintain work-life balance if working from home.
- Prioritize sitting down to meals together.
- Share general household chores.
- Schedule downtime to decompress and reconnect.



Human Nature to Connect

- Nature evokes a general sense of connectedness, similar to feeling in tune with one's friend's or community.
- Nature exposure buffers the effects of loneliness or social isolation.
- Experiencing "Awe"

Finding: When people with low social connectedness had high levels of nearby nature, they reported higher levels of wellbeing.



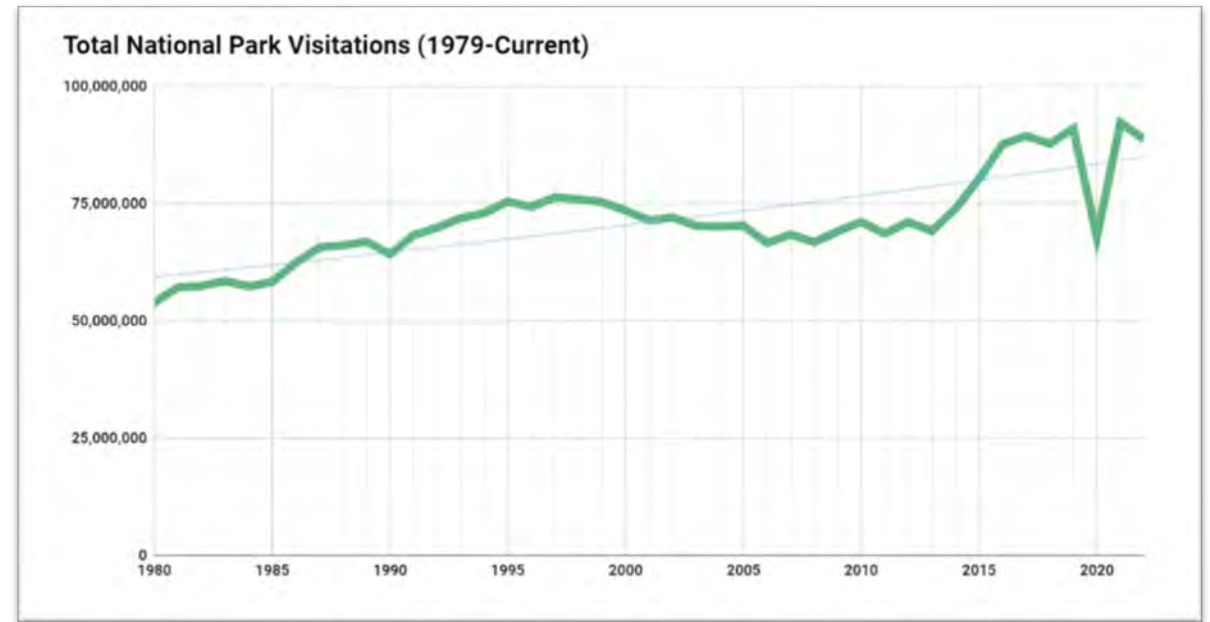
Pandemic and National Park Visits

Outdoor activities during pandemic (Vermont Study)

- Walking - up 70%
- Wildlife watching – up 64%
- Relaxing outside alone – up 58%
- Taking photos and creating art – up 54%

Benefits Experienced

- 60% improved mental health
- 29% exercise
- 29% appreciate nature's beauty
- 22% feel connection to something bigger than themselves



National Resources

Healthy Parks, Healthy People

A global movement that harnesses the power of parks and public lands as a health resource.



More than 400 National Parks
across the country

Urban parks and wildland are cornerstones of people's physical, mental, and spiritual health, social wellbeing; sustainability of the planet.

<https://www.nps.gov/orgs/1078/index.htm>

<https://www.nps.gov/subjects/healthandsafety/healthy-parks-healthy-people-resources.htm>



National Parks Adventure Challenge



DATE - DATE

Take a virtual trip visiting national parks and historic sites and while you participate online, get ideas to plan safe real adventures in your area. As we continue to cope with disruptions to our typical way of life, we have opportunities for positive moments. Act on what you can control by moving your body, taking a mental break and getting out in nature to brighten your day.

Visit www.mywellsite.com/ip/site



Map Satellite

Rocky vistas, winding canyons and towering spires make this one of the most patronized parks in the United States. Take a walk back in time exploring ancient fossil beds or the cultural artifacts of the Native Americans that once lived here. Whether it be a long hike, or a tour of the one-of-a-kind museums, this park has what you are looking for.

For more information visit <https://www.nps.gov/badl/index.htm>

Route Information

list: 6865.6 mi
steps: 14584856

Physical Activity Challenge Stats

6 Week Physical Activity Challenge

320 employees tracked **84,322,629** steps tracked to fuel virtual visits to select national parks while gaining ideas to plan real-life, safe adventures through the content of the National Parks Adventure Challenge.

	Essential/ 2500	Essential Plus/ 5000	Intermediate Plus/ 8,000	Advanced/ 10,000	Advanced Plus/ 15,000	TOTAL
Registered Users	27	91	108	76	18	320
Total Steps	3,867,689	14,061,826	26,684,773	28,393,387	11,314,954	84,322,629
People Improved	7 (25.93%)	18 (19.78%)	27 (24.55%)	29	6 (33.33%)	87



Tips and Messages



TIPS

Budget Friendly Outdoor Fun

National parks provide endless fun! A park pass is relatively inexpensive to experience the great outdoors.

WAYS TO ENJOY THE PARKS INCLUDE:

- Scenic trails and wildlife viewing.
- Picnicking and cookouts.
- Fishing, swimming and canoeing.

All is close to home to save money and share quality time social distancing with family and friends.



TIPS

Outdoor Activities To Stay In Shape

In addition to walking, there are other fun ways to be active outdoors.

TRY THESE FORMS OF PHYSICAL ACTIVITY TO SHAKE UP YOUR ROUTINE:

Cycling. Easy on the joints and works different muscles than walking.

Swimming. Strengthens core muscles and improves flexibility.

Kayaking. Provides an upper body work out while soaking in the scenery.



TIPS

Be Prepared - Safety First

Hiking is a refreshing way to enjoy nature firsthand. Yet it is important to be mindful of safety.

INCLUDE THESE SAFETY TIPS ON YOUR NEXT HIKING EXPLORATION:

- Take a buddy.
- Carry water and snacks.
- Use water-resistant sunscreen (minimum SPF 30 or higher). Re-apply every 2 hours!
- Dress appropriately for weather and conditions.
- If new to hiking, consider a professional guided trail tour.

PEACE OF MIND



TIPS

Restful Sleep Before Outdoor Adventure

Outdoor adventures are fun and enjoyable, but only if your body is given enough rest. A good night's sleep helps improve energy and provides a rejuvenated mind.

ENSURE YOU'RE WELL RESTED BY INCLUDING THE FOLLOWING SLEEP TIPS:

- Go to bed at a reasonable hour. Aim for 7-8 hours of sleep each night.
- Avoid alcohol and caffeine in the hours before bed.
- Turn off screens and devices at least an hour before bed.



TIPS

Good Eats


Adventures are less fun when you are hungry, so fuel up with a healthy breakfast and pack snacks for the trail.

A FEW EASY TO CARRY AND ENERGIZING SNACKS INCLUDE:

Fruit. Hydrates as it fuels your belly.

Nuts and seeds. Countless varieties to provide dense proteins and healthy fats.

Granola bars. Choose snack bars made mostly from whole ingredients.



TIPS

Hydration


Whether you're walking, biking or swimming, it's important to properly hydrate. How much water to drink depends on several factors. In general, aim for 5 (12 ounce) glasses each day for adequate hydration.

TIPS TO AVOID BECOMING DEHYDRATED INCLUDE:

Pre-hydrate. Drink water before you go out.

Drink often. Sip water throughout the day.

Rehydrate. Drink water upon arriving home to get back to optimal fluid levels.



Marketing the Challenge



To elevate engagement in the challenge marketing materials are created including:

- Challenge Marketing flyer and Instructions
- Challenge Promo Video
- Promoted in wellness newsletter and shared with Wellness Champion network.



Weekly Winners Prizes



NATIONAL PARKS Adventure

Aug 2 - Sept 12

Take a virtual trip visiting national parks and historic sites and while you participate online, get ideas to plan safe real adventures in your area. As we continue to cope with disruptions to our typical way of life, we have opportunities for positive moments. Act on what you can control by moving your body, taking a mental break and getting out in nature to brighten your day.

Visit www.SyngentaWellBeing.com

Aug 2 –Sep 12 2021

4 Levels of daily activity /step goals:

Essential: steps per day

Essential Plus: steps per day

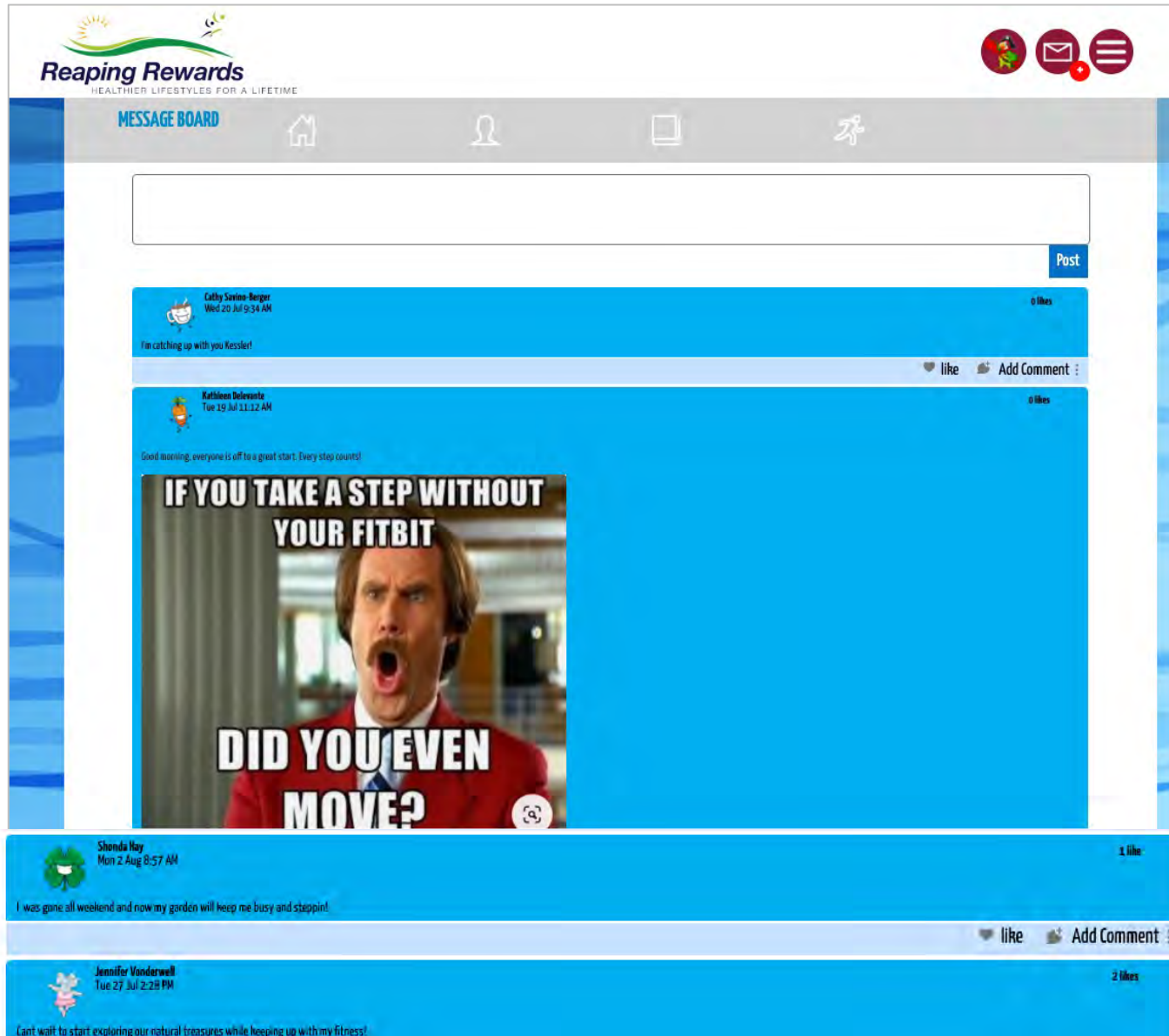
Intermediate: steps per day

Advanced: steps per day

Advanced Plus: steps per day

	Essential 2500/day (17,500 week)	Essential Plus 5000/day (35,000 week)	Intermediate 8000/day (56,000 week)	Advanced 10,000/day (70,000 week)	Advanced Plus 15,000/day (105,000 week)
Week 1	Weekly Winner				
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
GRAND PRIZE WINNERS					
Total Steps	(105,000)	(210,000)	(336,000)	(420,000)	(630,000)

Participant Posts



“Can’t wait to start exploring our natural treasures while keeping up with my fitness!”

“My garden will keep me busy and steppin!”

An aerial photograph of a boat moving through the ocean, leaving a white, swirling wake that forms a spiral pattern. The water is a deep blue-green color. The boat is a small motorboat, visible in the center of the spiral.

What's Next? Green and Blue Spaces

- Marine and freshwater slightly more restorative than green spaces.

Conclusions

There are dual benefits for physical and psychological health and wellbeing by spending time in nature.

Exposure to natural places can help ward off loneliness and feelings of isolation.

Protecting the environment through responsible use of natural resources is critical to the health of people and places.



Questions?

Amy Cohen, Director of Communications

904-710-2686

acohen@ramphealth.com



Chip Ross, MA, RD, LDN
Wellbeing Program Manager,
North America



Research

- Nielsen Total Audience Report
- Literature review by Rita Berto, PhD, at the University of Verona in Italy (*Behavioral Sciences*, Vol. 4, No. 4, 2014).
- <https://www.bard.edu/cep/blog/?p=11909>
- <https://www.sciencedirect.com/science/article/pii/S0006320721000677>
- Exposure to Neighborhood Green Space and Mental health: Evidence from the Survey of the Health of Wisconsin. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3987044/>
- <https://www.apa.org/monitor/2020/04/nurtured-nature>
- <https://www.mdpi.com/1660-4601/15/6/1238>
- AHTA.org

Evidence Linking Parks & Health

- Spending at least 120 minutes a week in nature is associated with good health and wellbeing.
Source: ([White et al., 2019](#))

Viewing and spending time in nature lowers cortisol and blood pressure and is linked with lowering levels of stress, depression, and anxiety.
Source: ([Bratman, Hamilton, Hahn, et al., 2015](#)). ([Cox, Shanahan, Hudson, 2017](#)). ([Bratman, Daily, et al., 2015](#)). ([Duncan, Clarke, Birch, 2014](#)). ([Haluza et al, 2014](#)).

Exposure to nature has many physiologic benefits beyond mental health. Individuals exercise longer, more vigorously, and more regularly in green spaces and parks compared to other areas.
Source: ([Gladwell, Brown, Wood, et al., 2013](#)).

• The AWE effect. Nature makes you more creative. Experiencing the wonder of nature can inspire people to solve problems more cooperatively and creatively.
Source: ([Stellar, Gordon, Piff, et al., 2017](#)). ([Zhang, Piff, Iyer, et al, 2015](#)).

Nature makes you more generous to others. Viewing beautiful nature scenes can result in people being more cooperative and generous to others, even in the presence of strangers.
Source: ([Zelinski, Dopko, Capaldi, 2016](#)).

• Living near green spaces reduces mortality even when adjusted for socio-demographic factors.
Source: ([Vienneau, Danielle et al., 2017](#)). ([Xu, Lixia et al., 2017](#)). ([James, Hart et al., 2016](#)). ([Gascon, Triguero-Mas, Martinez et al., 2016](#)). ([Brown, Lombard, Wang, 2016](#)).

Access to parks is a social equalizer, addressing health disparities and benefiting people's health and wellbeing.
Source: ([Lachowycz and Jones 2014](#)). ([Wolch, Byrne, Newell, 2014](#)). ([Maas et al., 2006](#)). ([Mitchell and Popham 2008](#)).

NPS Scientific Papers on Nature & Health Connection

- **Natural Solutions: Protected areas are vital for human health and wellbeing** (Dudley N., Allen D., Campbell K., 2014).
Benefits of biodiversity to human health and well-being. (Buttke, D., D. Allen, and C. Higgins. 2014. Park Science 31(1):24–29).
Park health resources: Benefits, values, and implications. (Thomsen, J. M., R. B. Powell, and D. Allen. 2013, Park Science 30(2):30–36).
Let's Go to the Park Today: The Role of Parks in Obesity Prevention and Improving Public's Health. Childhood Obesity 8(5):423-8 (Blanck HM, Allen D., Bashir Z, et al. 2012).
Parks Promoting Physical Activity: Synthesis of Findings from Interventions in Seven National Parks. Journal of Physical Activity and Health. 7 (Supp 1: 567-581). Hoehner CM, Brownson RC, Allen D. 2010.

Recommendation Reports & Guidelines for Health Promotion in Parks

- National Physical Activity Guidelines for Americans, 2nd Edition (HHS, 2018).
Routledge Handbook of NGOs and International Relations (T. Davis. 2018).
NPS Active Transportation Guidebook (NPS. 2018).
Connecting with Nature to Care for Ourselves and the Earth (Children and Nature Network, 2018).
Healthy Aging in Action Report (National Prevention Council. 2016).
The Natural Environments Initiative: Illustrative Review and Workshop Statement (2014).
Health, Recreation, and Our National Parks: Addressing the Role of National Parks to Promote and Provide Healthful Recreational Activities.(National Park Service Advisory Board Report. 2006).
Exploring Bicycle Options for Federal Lands: Bike Sharing, Rentals and Employee Fleets. (Federal Highway Administration U.S. Department of Transportation, 2012).

Social Wellness Challenge Survey Results



SURVEY RESULTS			
SURVEY QUESTIONS:	Answer Options	PRE Survey 121 Respondents	POST Survey 67 Respondents
1. I have a network of close friends/family.	Mostly true Somewhat true Not really	(85) 70% (30) 25% (6) 5%	(55) 82% (9) 14% (1) 2%
2. I am interested in others, including those from different backgrounds of my own.	Mostly Some of the time Not really	(90) 75% (30) 25% (1) 0.8%	(53) 79% (11) 15% (0) 0%
3. Do you have difficulty communicating or getting along with people?	Mostly Some of the time Not often	(3) 2% (39) 33% (70) 58%	(0) 0% (17) 26% (47) 70%
4. How often do you put the needs of others first to your own detriment?	Mostly Some of the time Not often	(37) 30% (70) 58% (13) 11%	(18) 27% (40) 60% (6) 9%
5. How comfortable are you reaching out to others for support and asking for help when needed?	Not my style If no other choice Comfortable asking for help	(14) 12% (50) 42% (57) 47%	(2) 3% (19) 29% (43) 64%

Social Wellness Challenge Results



- 67 participants completed the post-survey
- 34 comments reporting
 - Spending more quality time with others.
 - Improved relationships
 - Improving communication
 - Scheduled appt with a therapist and uncovered mental health issues of a spouse.
 - Improve relations with co-workers
 - Opened communication with manager about work-life balance.
 - Found connections with other participants from the message boards.

USERS	POINTS
Registered Users	196
# of Users Completed Challenge with 1000 points or more	104
Total Logins	1076
Total Combined Points	125, 100

Social and Emotional Wellness

Social wellbeing is building and maintaining healthy relationships and having meaningful interactions with others.

Social isolation is the breakdown of personal relationships that provide meaning and support.

Social interactions (quality and quantity) can have short- and long-term influence on mental and physical health.

Links between positive relationships, health and wellbeing

- Behavioral influence of others.
- Psychosocial support reduces stress by positively influencing health behaviors.
- Physiological boost.



Healthy Parks Healthy People Resources

Parks, Trails, and Health Workbook

A Tool for Planners, Parks & Recreation Professionals, and Health Practitioners



Recognition of parks and trails to benefit local environments and support corporate

Parks and trails can provide health benefits by:

- ✓ Providing opportunities to practice healthy lifestyles
- ✓ Creating destinations and venues for physical activity
- ✓ Reducing stress and improving mental wellness
- ✓ Fostering community interaction & social support networks
- ✓ Providing beneficial, low impact use of sensitive areas, reducing injury and property loss that could occur if the land was used for other functions
- ✓ Reducing air and water pollution
- ✓ Mitigating urban heat islands
- ✓ Preserving important habitat, environmental, and cultural sites

<https://www.nps.gov/subjects/healthandsafety/healthy-parks-healthy-people-resources.htm>


State Parks – Florida Fit Example

Get Florida Park Fit!



<https://www.floridastateparks.org/ParkFit>


City/County Healthy Living Programs



ABOUT ▾PROGRAMS ▾NEWS & EVENTS ▾SUPPORT ▾VISIT ▾PARK LIST ▾

FIND A PARKDONATE

HEALTHY LIVING PROGRAMS




HEALTHY LIVING

Numerous studies have shown that as we grow older, our health may decline from lack of exercise and, more importantly, loneliness and isolation. Join Timucuan Parks Foundation for walks featuring Jacksonville's parks and preserves and learn about the physical and mental benefits of recreating outdoors.


The popular Healthy Living walk series gets folks outdoors to explore new parks, meet new people, and enjoy low-impact exercise.

Previous Healthy Living virtual presentations are available for viewing at the links below.


GET ON THE LIST NOW




Walking




Hiking




Jogging/Running



Dips



Horseback Riding



Pushups

Biking


Canoeing/Kayaking

Surfing


Swimming

Yoga


Meditation




Biking




Canoeing/Kayaking




Surfing



Swimming



Yoga




Meditation

Theodore Roosevelt Area

13165 Mt. Pleasant Rd, Jacksonville, FL 32225

Hours: Sunrise to sunset

Fees: None



Park Challenge: Complete a 4.5 mile loop hike/run and burn at least 600 calories!

Health Benefits: Cardiovascular benefits, muscle strengthening, improved circulation, and greater mental acuity from walking/jogging

Trails and Exercises

More than 5 miles of great trails that are well-shaded and runner-friendly with some tree- and root-jumps

Multiple trails for long distance or short distance runners or hikers

Trails go through aged woodlands and run along the St. Johns River

Trail hike - a beautiful vista at the end of the 1st mile, leading to an overlook at Round Marsh

Follow another trail that leads to the historic Willie Browne cemetery

Special Equipment and Family Notes






Bring the jogging stroller for a workout.

Dogs are welcome on a leash

Surface Type - compact soil and litter fall


Very well shaded, keeping the trail cool

Located near the marsh - bring bug spray!



Jacksonville's Timucuan Parks: Passport to Health

Timucuan Preserve Edition



- <https://www.timucuanparks.org/healthy-living/>
- https://timucuanparks.org/wp-content/uploads/Passport_to_health-min.pdf



Serenity Garden

- Project in development
- First of its kind
- Ongoing study
 - Seniors
 - People who have lost sight
 - Wounded War Veterans
 - Children & Adults with Autism
- Interactive and sensory elements with enhanced opportunities for relaxation, social gathering, education and therapeutic programming.