Cincinnati **PARKS FOR WELLNESS**





RESEARCH HAS SHOWN SPENDING TIME IN NATURE OFFERS HEALTH BENEFITS



Being surrounded by nature can help: • Reduce anxiety • Lower blood

- Enhance immune system function Boost self-
- esteem and mood



Time in nature is particularly beneficial to people living with chronic conditions:

- Hypertension Diabetes
- Cancer
- Depression
- Anxiety

NATURE AS MEDICINE TIPS



Schedule regular "nature breaks" throughout your day, even for just 10 minutes at a time.



Bring greenery or images of natural spaces into your home and office.



Do activities outside that you may normally do inside such as meals or meetings.



CINCINNATI PARKS FOR Welness

A collaboration between the Osher Center, Cincinnati Parks to provide health and wellness education, movement and mindfulness therapies, and opportunities for social connection and healing in the Cincinnati Parks.

SOM TO LEARN MORE



bit.ly/Nature Medicine







TRACK YOUR PROGRESS

- Place: Where do you feel safe and comfortable outside?
- Activity: What do you enjoy and can commit to doing outside?
- Frequency: How many days per week and for

how long							
DATE & DURATION	PLACE	ACTIVITY	MOOD (:)(:)(:)(:)		STRESS LEVEL 1(low)-10(high)		OTHER (heart rate, weight, blood pressure)
			BEFORE	AFTER	BEFORE	AFTER	
			BEFORE	AFTER	BEFORE	AFTER	
			BEFORE	AFTER	BEFORE	AFTER	
			BEFORE	AFTER	BEFORE	AFTER	
			BEFORE	AFTER	BEFORE	AFTER	
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