



NaturePrescriptions.org



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Take advantage of all that nature has to offer to improve your health.

- **Eat Whole Foods**

- Visit Local Farmers Markets for fresh fruits and veggies.

- Eat healthy fats and proteins (nuts, eggs, fish, quality meats)

- Avoid processed foods and sugar.

- **Get Moving**

- Full body movement not only strengthens you but decreases anxiety and stress, and improve memory and learning...and you live longer

- A minimum of 30 minutes of exercise 5 times/week is best. Start slowly and build.

- **Go Outside**

- Visit your local parks.

- Take a walk outside and relax among the sites and sounds of nature.

- Nature can help lift your mood and reduce stress.

- Take children outside to play and play yourself.



Visit our site for more info on healthy living and local trails

What foods and activities bring me joy? How can I eat healthier and move & play outside more?
