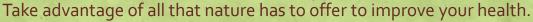


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- Eat Whole Foods
- -Visit Local Farmers Markets for fresh fruits and veggies.
- Eat healthy fats and proteins (nuts, eggs, fish, quality meats)
- Avoid processed foods and sugar.

- 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.

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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 & pla	y outside more?