

DOCS

in the park



Play ● ● ● ● ● ● ● ● ● ●

Have you heard about doctors prescribing nature and outdoor activity prescriptions for their patients? Doctors know that spending time outdoors relieves stress, combats obesity, and reduces asthma and ADHD in children.

Get your activity prescription from a Doctor on site then fill it at one of the playgrounds!



Play



"We don't stop playing because we grow old; we grow old because we stop playing.."

-George Bernard Shaw

Play is a great way to enhance your physical and mental health. It connects us with others, increases flexibility and creativity, reduces symptoms of depression, stress, and loneliness and makes us happy.

The Surgeon General recommends

Children: 60 minutes a day of physical activity

Adults: 150 minutes of physical activity per week

Baker Park

Sports fields, grills, picnic shelters, picnic tables, play equipment, volleyball, bandshell, walking/biking trails, covered bridge, swinging bridge

Ballenger Creek Park

Sports fields, grills, horseshoe pits, picnic shelters, picnic tables, play equipment, trails, volleyball, historic bridge

Green Leaf Park

Sports fields, grills, picnic shelters, picnic tables, play equipment

Old National Pike Park

Sports fields, grills, horseshoe pits, picnic shelters, picnic tables, play equipment, trails, volleyball

Staley Park

Sports fields, grills, picnic shelters, picnic tables, play equipment, volleyball

Urbana District Park

Sports fields, grills, picnic shelters, picnic tables, play equipment, trails, volleyball

For a full list of parks in your area, visit www.DocsInThePark.com.

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