

DOCS *in the park*

Endorsed "Docs in the Park" programs must meet 2 of 4 criteria: Nature, Physical Activity, Family Involvement, and Nutrition.

Nature: Minimum 30 minutes of a nature component

Physical Activity: 30 minutes of physical activity

Family Involvement: Program is designed for family involvement

Nutrition: Program is designed for healthy nutrition, or communicating healthy eating habits



Explore...

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.



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