

## Upcoming NPS Events



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Healthy Parks, Healthy People: the NPS created a public health initiative to show people the benefits of parks, and ,more importantly, the benefits of a sustainable ecosystem of humans. Below are a list of parks that are a part of the initiative:

- Santa Monica Mountains National Recreation Area
- Jean Lafitte National Historical Park and Preserve & the New Orleans Jazz Historical Park
- Lake Mead National Recreational Area

All these parks have community engagement programs to help create a healthier and sustainable ecosystem.

The initiative has also partnered with the following organizations to promote healthy lifestyles:

- Girltrek, a non-profit organization to encourage African American Women to healthy and sustainable lifestyles.
- The Blue Ridge Parkway Foundation to help kids and families get outdoors

For more information go to:

[https://www.nps.gov/public\\_health](https://www.nps.gov/public_health)

Always remember, recreation is revolutionary,  
for both people and nature.

## MAP of the SANTA MONICA MOUNTAINS



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## NATIONAL PARK SERVICE

Nature, right at your doorstep!



## Youth Ambassador Program 2017



## Mental Benefits

- Reduced stress caused by natural views
- Better concentration and increased alertness
- Natural sunlight can lead to better sleep, which will lead to better mood/mental state
- Boosts creativity
- Increases hormones that make you feel good
- Can give a greater sense of something greater than yourself
- Increases Self- Esteem

## Social Benefits

- Meditate outdoors
- Picnic in a park
- Take your work outside
- Go fishing
- Relax outside rather than inside



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## Social Benefits

- Strengthens the community
- Helps the community on problem solving
- Promotes human development
- Protects environmental resources
- Increases the cultural diversity
- Helps unify cultures
- Helps bring people together
- Supports economic growth
- Supports local businesses
- Promotes tourism
- Increases land value
- Reduces crime
- Lowers negativity
- Encourage volunteerism
- Parks are a place that support everyone from the youth to seniors to people with disabilities. We don't discriminate, so anyone can visit National Parks!

### GET SOCIAL!



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The NPS is filled with social events and activities, so find your local park and get out outside with some friends!

Find your park here: <https://www.nps.gov/index.htm>

## Health Benefits

- Getting outside is a form of exercise
- Nature increases brain function.
- You can get the Vitamin D you need.
- Getting outside means getting away from electronic screens that can hurt your eyes.
- Improves sleeping patterns.
- Reduces the risk of obesity.
- Reduces depression.
- Diminishes risk of chronic diseases

## Health Activities

- Biking
- Hiking
- Swimming
- Walking



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More information found here:  
<https://www.parks.ca.gov>