All you need is 120 minutes per week to improve your health through nature!

Spending time in nature with a care for everything that lives here can make you feel more connected and passionate about it and is a medical fact that spending time outdoors, especially in green spaces, is good for you.

All you need is 120 minutes per week! According to a paper in the journal Scientific Reports and as covered in the New York Times, the data shows that about 120 minutes need to be spent in nature to be physically and mentally healthy. The study further shows that only spending 15-30 minutes outside per week does not have a significant effect and spending more than outside does not create additional benefits.

Berks Nature Rx is an easy way to introduce (or reconnect) nature into your creative world life. The Berks County Medical Society and Berks Nature encourage doctors, patients, and the community in general to connect to nature. 15-30 minutes (3 hours) is all that's needed to help prevent disease, and as a surplus for physical and mental challenges.

What is Berks Nature Rx?

Use our website, www.berksnaturerx.com, to gather the resources you need to spend at least 120 minutes outside every week. If you are a parent, you can excuse these tasks to help your children spend at least 120 minutes outside every week. Let's set it: 120 minutes, or two hours each week, is an achievable goal over our busiest times. Your 120 minutes could consist of visiting a park, walking your dog, biking a trail, riding your bike, or simply taking a walk in nature.

Now to spending time outside! Don't want to be an adventure athlete? That's OK! Go to www.berksnaturerx.com to find local groups that gather outdoors. And, look for local Nature Rx events such as guided hikes, walks with a docent, and mental health meet-ups.

Every local town that we are aware of is linked to BerksNatureRx as well. Now that you have the resources you need you can begin logging your minute! Once you reach 120 minutes you can visit The Nature Place for your 120th gift, and learn about incentives to continue participating in the Nature Rx program.

Learn more at www.berksnaturerx.com
We have become so busy in our daily lives keeping up with work, school, sports and other activities that sometimes we forget to stop and smell the roses. Ok, sometimes we don’t literally smell the roses but we should be including time outdoors. Nature is not only beautiful but it is good for our physical and mental health.

Berks Nature Rx is an easy way to introduce (or re-introduce) nature in the Berks Nature Rx program. It is not just spending time outside but taking a break in our own backyard, a forest, or local park. Or, focus time outside leads to numerous health benefits. Spending time outside can improve our health in many ways, including:

- **Improved Mental Health**
  - Reduces stress and anxiety
  - Increases self-esteem
  - Improves mood and well-being

- **Improved Physical Health**
  - Increases physical activity
  - Reduces the risk of chronic diseases
  - Enhances mental health

- **Improved Cognitive Function**
  - Improves memory and learning
  - Enhances concentration and focus

In Berks County:

In 2014, 30.2% of adults in Berks County reported being obese vs. 25.6% in Pennsylvania and 23.6% in the United States. In Berks County, 19.3% of adults meet the physical activity guidelines recommended by the American College of Sports Medicine. In Pennsylvania, 35.2% of adults meet these guidelines. In the United States, 56.6% of adults meet these guidelines.

**Increased Physical Activity**

Increased physical activity can promote:

- **Healthy Eyes and Vitamin D Levels**
  - Increase Vitamin D Levels
  - Improve vision and eye health

- **Better Health Outcomes**
  - Healthier Birth Weights
  - Better Fetal Growth

- **Reduced Stress and Anxiety**
  - Reduce Slovak Risk

- **Increased Plantlife and D Levels**

**Fun Ways to Get Outside**

- Go for a morning or evening walk every day.
- Try gardening. If planting a vegetable and fruit garden is too much, even planting a few flowers helps get you outside regularly.
- Have a staycation. Visit French Creek State Park and Nolde Forest. It is a nature park with many trails and activities that are available. It varies by season and weather. Visit their website for more information.
- In Berks County in 2014, 30.2% of adults in Berks County reported being obese. In Pennsylvania, the obesity rate was 25.6%. In the United States, the obesity rate was 23.6%.

**The Average American child spends 1% of their time participating in unstructured outdoor play.**

**Increased Physical Activity**

- **Improves Muscle and Strength**
  - Reduces the risk of chronic diseases
  - Enhances mental health

- **Improves Cardiovascular Health**
  - Improves cardiovascular function
  - Reduces the risk of heart disease

- **Improves Mental Health**
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