Parks and green spaces support health and well-being, strengthen communities and make neighborhoods better places to live, work, and play. That's why Pittsburgh Parks Conservancy, Children’s Hospital of Pittsburgh of UPMC and others have teamed up to create Pittsburgh Parks Prescription, or Parks Rx, inviting children (and adults) in every neighborhood to explore and enjoy their local parks. For more information, visit www.pittsburghparks.org/rx or contact rx@pittsburghparks.org

Parks Rx is a collaboration of:

Pittsburgh Parks Rx has been funded in part by the Hillman Foundation, the WOROUT Research Dissemination Challenge of the University of Pittsburgh Clinical Translational Science Institute, and the Community Conservation Partnerships Program—the Environmental Stewardship Fund under the administration of the Pennsylvania Department of Conservation and Natural Resources, Bureau of Recreation and Conservation.
What is Parks Rx?

Pittsburgh’s parks are yours for the playing! Getting outside is one of the best (and most enjoyable!) ways to support healthy bodies and minds. That’s why health care providers are encouraging kids and families to head to their local parks and greenspaces to stay healthy and have fun.

There are many health benefits to outdoor activity and nature play:

- **Builds** connections to nature and the outdoors.
- **Increases** focus in school and at home. Outdoor activity can help your child pay attention!
- **Improves** physical strength and coordination.
- **Reduces** stress. Your child will be happier and so will you!
- **Gives** opportunities for your child to be loud and energetic. Kids can get messy and let loose.
- **Helps** maintain a healthy weight. Outdoor play is an excellent way to get exercise.
- **Strengthens** family connections. Playing outside together is a great way to bond!
- **Tires** kids out. Being outdoors is a great start to a good night’s sleep.

**Explore** a park near you to get active and connect with nature! There are so many fun things to do outside:

- **Take a hike**
- **Swing and slide on a playground**
- **Find bugs and butterflies**
- **Play “I Spy”**
- **Go geocaching**
- **Make a scavenger hunt**
- **Cloud watch**
- **Have a picnic**
- **Create a nature journal**
- **Play group games**

**Tips for safe and enjoyable time outdoors:**

- Choose a park where you feel comfortable, or try a new one by visiting with friends and get to know it.
- Dress for the weather and bring a water bottle.
- Go with friends or join a group activity.
- Find a program at a recreation center by visiting www.citiparks.net
- Attend an outdoor event or volunteer at a park cleanup by visiting www.pittsburghparks.org/events
- Stay on marked trails and follow posted hours and rules.

**Here are a few ideas if you’re short on time:**

- Look for nature where you are
- Swap screen time for 15 minutes of outdoor play
- Play outside as a family for 30 minutes
- Stop by a park on the way home from school and have a snack

Visit [www.pittsburghparks.org/rx](http://www.pittsburghparks.org/rx) or simply text ParksRx to 1-866-216-7543* to receive information and periodic tips on playing outdoors and exploring new park places.

*N*Standard data and message rates apply

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**Nature Word Unscramble**

Rearrange the letters to spell out things you find in nature:

- cnrao
- wforel
- tflutbrey
- omrw
- lilurqsre
- tnes
- ibdr

For answers, visit [www.pittsburghparks.org/rx](http://www.pittsburghparks.org/rx)

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**Maze to the Park**

Can you help our friend make his way through this maze so he can get to the park below?