



The Health Benefits of TRACK Rx



Kids are prescribed by a doctor, have an adventure in any green space, and earn free prizes. But the adventure doesn't stop there. A growing network of over 350 TRACK Trails propels them on a lifetime of healthy outdoor activity!



PHYSICAL HEALTH BENEFITS

Inactivity is a major contributor to chronic conditions and obesity in children today. Regular exercise in parks and green spaces has been shown to drastically improve their physical health. Not only can it lower rates of cardiovascular disease and obesity, but time in nature can also improve nearsightedness and the ability to recover from injury. Additionally, Vitamin D deficiency is very common, which can contribute to low bone density. A little time in the sun helps bridge that gap.

MENTAL HEALTH BENEFITS

Studies show a positive correlation between time spent in green space and a person's mental well-being. At forefront of these benefits is reduction of anxiety and the improvement of attention. A study of 345,000 people in Norway found that those living near parks and other green spaces exhibited lower rates of anxiety disorders regardless of level of income. Simply spending time in a green setting has been shown to improve focus and impulse control in kids in with ADHD.



SOCIAL HEALTH BENEFITS

Children usually experience parks and other green spaces with at least one other person, whether that be a parent, a friend, or some other relation. Positive experiences in parks result in stronger bonds of family. If the green space is in the area that the child lives, they develop stronger connections to their community. Studies have shown the result of this kind of interaction is a reduction in crime and violence over time.



Over
350
Networked
Trails

Adventures in
18 states
& Washington DC

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