

MARYLAND MID-SHORE



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THE HEALTHY PARKS, HEALTHY PEOPLE PROGRAM

Healthy Parks, Healthy People is brought to you through a collaboration between the Maryland Departments of Natural Resources and Health and Mental Hygiene. For a complete list of participating practices, or to learn more, visit the DNR website at:

<http://dnr.maryland.gov>

Primary care physicians and clinics interested in participating should contact the Maryland Department of Natural Resources at:

customerservice.dnr@maryland.gov



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**IMPROVE YOUR HEALTH AND WELLBEING IN
MARYLAND'S GREAT OUTDOORS!**

A photograph of a person sitting on a park bench, looking out over a body of water at sunset. The sun is low on the horizon, casting a warm glow over the scene. The person is wearing a light-colored shirt and dark pants.

VISITING PARKS IS GOOD FOR YOUR BODY, YOUR MIND, AND YOUR COMMUNITY.

-Reduce your risk of chronic disease.

People who are physically active tend to live longer and have lower risk for obesity, heart disease, stroke, type 2 diabetes, and some cancers.

-Strengthen your bones and muscles.

Muscle-strengthening activities can help you increase or maintain your strength and improve your quality of life.

-Improve your mood.

Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better.

-Build strong relationships and communities.

By joining or trying new activities in your local park, you'll develop new skills, meet new people, and strengthen the ties among your community.

-Live longer.

Science shows that physical activity can reduce your risk of dying early from the leading causes of death, like heart disease and some cancers.

National guidelines suggest all adults should be active for at least 30 minutes per day on most days of the week. Your local park is the perfect place to achieve this goal and enjoy the fresh air.

A photograph of a person cross-country skiing on a snowy trail. The person is wearing a red jacket, dark pants, and a backpack. They are holding ski poles and are in motion. The background shows a snowy landscape with trees and a cloudy sky.

HEALTHY PARKS, HEALTHY PEOPLE IS FOR ALL MARYLANDERS.

Appropriate physical activity can have health benefits for people of all ages or fitness levels, especially those with chronic diseases, such as obesity, diabetes, or heart disease, who would benefit from regular physical activity.

The Healthy Parks, Healthy People Program is open to all Marylanders regardless of age or ability. This is a great opportunity for people to find support and guidance in trying a new activity or hobby and getting to know their parks.

A photograph of two people riding bicycles on a dirt path. The person in the foreground is wearing a dark shirt and a backpack. The person in the background is wearing a light-colored shirt. They are riding away from the camera on a path surrounded by trees with autumn foliage.

ASK YOUR DOCTOR HOW YOU CAN BENEFIT FROM YOUR LOCAL PARKS.

1. Talk to your doctor about your current physical activity, and ask if he or she thinks your health would benefit from being more active. Your doctor can give you a Park Prescription (ParkRx) to recommend the frequency and types of exercise you should do.
2. Visit the Healthy Parks, Healthy People website (listed on back panel) or ask a Ranger at a participating park to learn more about which programs are a good fit for your age, fitness level, and comfort in the outdoors.
3. Take the ParkRx to a participating park near you to get discounted or free entry and/or equipment rentals. Each time you visit, get your ParkRx punched by a Park official.
4. Enjoy improved health, energy levels and mood.

Be sure to talk to your doctor to make sure physical activity is safe for you before participating in Healthy Parks, Healthy People activities.