

Nature Rx - Seasonal Activity Helper



Fall

Activity Ideas:

Low Impact →

- Visit a pumpkin patch
- Go leaf collecting

Medium Impact →

- Raking leaves
- Try a local walking tour

High Impact →

- Go on a hike
- Play soccer

Winter

Activity Ideas:

Low Impact →

- Try an outdoor campfire
- Visit an outdoor holiday market

Medium Impact →

- Try skating or snowshoeing
- Play in the snow or go sledding

High Impact →

- Shovel snow
- Ski or snowboard
- Play outdoor hockey

Spring

Activity Ideas:

Low Impact →

- Go birdwatching
- Take the kids to a playground

Medium Impact →

- Do some gardening
- Try badminton or bocce

High Impact →

- Speed walk or jog
- Play tennis

Summer

Activity Ideas:

Low Impact →

- Go stargazing
- Go fishing

Medium Impact →

- Go biking
- Go crabbing

High Impact →

- Try a water sport
- Play tag with the kids

Nature Rx - Incorporating Nature

health@steps

Physical Activity

How to incorporate Nature:

Walk Outside...

- Neighbourhood
- Beach
- Forest or Park
- Seawall
- Trails

Try...

- Snowshoeing
- Biking

*Make time for gardening and yard work



Exercise

How to incorporate Nature:

Focus on doing outdoor activities...

- Outdoor workout
- Lake or ocean swimming
- Bike in hilly areas
- Try an outdoor sport

Basketball, beach volleyball, cricket, bocce, canoeing, badminton, skiing, jogging, etc



Healthy Eating

How to incorporate Nature:

Participate in...

- A picnic or BBQ
- Berry or fruit picking
- Growing vegetables in a garden

Try...

- Eating meals on a patio
- Fishing, crabbing, or hunting
- A farm or farmer's market



Mindfulness

How to incorporate Nature:

Practice these anywhere outside...

- Being grateful
- Grounding
- The 5 senses technique

Try these outside...

- A new park or beach
- Breathing exercises
- Hugging a tree
- A walking meditation
- Creative activity



Nature Rx - Benefits of Nature Time



Nature Goal

Spend at least 2 hours or more outside per week in increments of 20 minutes or more

Precautions

WINTER:

Please be aware of cold slippery conditions

SUMMER:

Please be aware of poor air quality with forest fires

Potential Benefits



1. Reduced risk of chronic disease
2. Better mood
3. Increased energy
4. Pain reduction
5. Improved birth outcomes
6. Improved heart health
7. Boost memory, creativity, and work satisfaction

Questions to Reflect on



How do you view your relationship with nature?



What do you enjoy about spending time outside?



How do you feel after spending time outside?