

Family Fun Walk Provides Venue for Nature Prescription Program

Walk a part of National Trails Day Celebration

By Dan Balduini, Public Affairs Officer - Desert National Wildlife Refuge Complex
November 3, 2011



Clark County School District Health Services Director Diana Taylor (left) provides nature prescriptions to participants in the “Let’s Get Healthy!” Family Fun Walk during the National Trails Day Celebration on October 1, 2011, in Henderson, NV. *Photo by Angelina Yost, USFWS/SNAP*

HENDERSON, Nev. – The “Let’s Get Healthy!” Family Fun Walk at this year’s National Trails Day Celebration provided the perfect opportunity for spreading the word about the Nature Prescription Program. The fun walk was sponsored by the Southern Nevada Agency Partnership (SNAP), of which the U.S. Fish and Wildlife Service (FWS) is a member.

-More-

More than 3,000 people attended the National Trails Day Celebration, and 110 of them took part in the one-mile fun walk around the Promenade at the Pavilions in Henderson. The celebration was hosted by the City of Henderson Parks and Recreation Department. Among the walkers were 17 young patients of the Children’s Heart Center — each of them following doctor’s orders according to a “nature prescription.”

Additionally, four Clark County School District nurses were there writing similar prescriptions for fun walk participants.



More than 100 people took part in the “Let’s Get Healthy!” Family Fun Walk during the recent National Trails Day Celebration in Henderson, NV. Participants also learned about the Nature Prescription Program designed to encourage outdoor activities on public lands to achieve and maintain good health.
Photos by Angelina Yost, USFWS/SNAP

Rx for Healthy & Active Outdoor Living

Name _____ Date _____

Ideas for Living a Healthy & Active Outdoor Life

- 5** Eat at least 5 vegetables and fruits every day.
- 2** Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.
- 1** Get 1 hour or more of outdoor physical activity every day
- 0** Drink fewer sugar-sweetened drinks. Drink water and low-fat milk instead.

My Goals (choose one you would like to work on first)

Get _____ minutes of outdoor physical activity each day. Eat _____ vegetables and fruits each day.

Reduce screen time to _____ minutes per day. Reduce number of sugared drinks to _____ per day.

Patient or Parent/Guardian Signature

Healthcare Provider Signature

From Your Healthcare Provider

Let's Get Healthy!



▲ Example of a Nature Prescription sheet

The Nature Prescription Program and activities such as the fun walk support the FWS Children and Nature Initiative — a nationwide effort to connect young people (and their families) with nature. The prescription program encourages patients to get outside and experience nature as a fun and educational way to achieve and maintain health and fitness.



This young heart patient pitched in at the Moapa Valley National Wildlife Refuge. *USFWS Photo*

The Nature Prescription Program is administered through a partnership between SNAP, FWS, and a variety of health care professionals and organizations. Southern Nevada partners include the Children’s Heart Center, the Outside Las Vegas Foundation, the Clark County School District and approximately 100 health care providers. Health care professionals across the country are now prescribing visits to national wildlife refuges and other public lands. The Children’s Heart Center has taken groups of patients to all four units of the Desert National Wildlife Refuge Complex, where the youngsters have done everything from walking the trails to participating in habitat restoration projects.

SNAP is a partnership comprised of professionals from the Bureau of Land Management, National Park Service, FWS and the U.S. Forest Service. The agencies work together to coordinate activities that protect, conserve, and encourage enjoyment of public lands in southern Nevada. The four SNAP agencies manage more than 10 million acres in southern Nevada including national parks, national conservation and recreation areas, national wildlife refuges, national forests, and other public lands.

The Desert National Wildlife Refuge (NWR) Complex includes the Ash Meadows NWR in Nye County, the Desert NWR just north of Las Vegas, the Moapa Valley NWR in northeastern Clark County, and the Pahrnagat NWR near Alamo in Lincoln County.

###