

Families Get Healthy Together Outdoors at Forsythe National Wildlife Refuge

On the second Saturday of each month, families are invited to, explore the outdoors, breathe fresh air and have fun exercising at the E.B. Forsythe National Wildlife Refuge. This Nature Champions program held at the refuge is part of a National initiative to encourage families to get healthy while spending time outside in nature.

The U.S. Fish and Wildlife Service, in partnership with the National Environmental Education Foundation is working with health care providers who are prescribing “outdoor time” to patients as a way to increase physical activity and lead healthier lives. As part of the program, children who visit the refuge and take part in the Nature Champions activities will receive special prizes, encouraging them to spend even more time outdoors.

Other National Wildlife Refuges in the Northeast Region participating in the Nature Champions program are Patuxent Research Refuge, John Heinz National Wildlife Refuge and Potomac River National Wildlife Refuge Complex.

To Learn more about this program and other activities at Forsythe National Wildlife Refuge on Oceanville, NJ [click here](#).

To Learn more about the Nature Champions and the National Environmental Education Foundation [click here](#).