PaRx A Prescription for Nature

KIDS' ALLERGIES & ASTHMA

2 hours/week, 20+ minutes at a time. That's all it takes.

Research shows that people who spend at least 2 hours in nature each week report significantly better health and wellbeing.[i] Science suggests that the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutes[ii] — hence our 20-minute rule.

Spending time in nature:

Improves your lung function. A study of over 7,000 kids showed that growing up close to green space boosts your lung capacity and elasticity into young adulthood.[iii]

Can lower your risk of asthma. Kids who live in neighbourhoods with more diverse vegetation and street trees develop asthma less often.[iv]

Smartens up your immune system. By exposing your developing immune system to a variety of bacteria that live in vegetation, animal species and fertile soil, nature time teaches it to attack dangerous molecules and ignore harmless ones.[v]

Drops your risk of allergies. Living in an area with increased forests and farmland within 5 km of home reduces kids' chances of developing allergies.[vi]

Keeps you fit. Children who spend time in nature are more physically active and less sedentary—which improves your overall respiratory health and endurance.[vii]

Make the most of your nature prescription with these simple tips:

1. Make easy green tweaks to your routine.
Avoid adding extra time and effort by substituting outdoor activities for indoor ones.

2. Write nature into your schedule.
Prioritize your date with nature by entering it into your day planner.

3. Phone a friend or family member.
Involving others increases your chances of meeting your goals.

4. Respect nature—and yourself.
Dress for the weather, stay on the trail and pack out what you pack in.

5. Follow your child's lead.
Focus on fun and plan green time around your child's interests to grow a lifelong nature habit.

[i] White, M.P. et al. *Sci Rep* 9, 7730 (2019). [ii] Hunter, M.R. et al. *Front Psychol* 10, 722 (2019). [iii] Fuertes, E. et al. *Environ Int* 140, 105749 (2020). [iv] Donovan, G.H. et al. *Nat Plants* 4, 358 (2018). [v] Rook, G.A. *PNAS USA* 110, 18360 (2013). [vi] Ruokolainen, L. et al. *Allergy* 70, 195 (2015). [vii] Chawla, L. *J Plan Lit* 30, 433 (2015).

Ready to Fill Your Prescription?
Head to **PARKPRESCRIPTIONS.CA**

healthy by nature

BC PARKS FOUNDATION