

“Exercise is Medicine” Rx – Your National Parks

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Program Description

Physical inactivity has been recognized as a major risk factor related to chronic disease. This presentation will make the connection between Exercise is Medicine as promoted by the American College of Sports Medicine (ACSM) and the “Healthy Parks—Healthy People” program of the National Park Service (NPS). Local, state and national park areas will be highlighted to explain and illustrate the benefits of outdoor physical activity. Further, online connections will be made for teachers, kids, families and individuals attending the session.

Outline

Exercise is Medicine – ACSM
National Park Rx Day
Healthy Parks – Healthy People
Ohio National Park Units
National Park System Areas
Martin’s Blog
Benefits of Outdoor Physical Activity *Example – Paddling the Noatak Wild River in Gates of the Arctic National Park*

Presentation Web Sites

American College of Sports Medicine (ACSM) www.acsm.org
Healthy Parks – Healthy People www.nps.gov/public_health/hp/hphp.htm
National Park System (NPS) www.nps.gov
Martin’s Blog www.tomhelenmartinblog.com

Other Useful Government Web Sites

Department of the Interior (DOI):

- National Parks www.nps.gov
- Fish and Wildlife Service www.fws.gov
- Bureau of Land Management www.blm.gov/wo/st/en/prog/Recreation.html
- Bureau of Reclamation Recreation www.usbr.gov/recreation

United States Department of Agriculture (USDA):

- **Natural Resources and Environment**
 - U.S. Forest Service www.fs.fed.us www.fs.fed.us/recreation/map/finder.shtml
 - Other congressionally designated areas, such as National Volcanic Monuments and National Recreation Areas www.fs.fed.us/recreation/programs/cda/special-areas.shtml

Inter-Department and Inter-Agency Programs:

- **Partnership for the National Trails System (PNTS)** www.pnts.org www.americantrails.org
- **Wild & Scenic Rivers** www.rivers.gov www.americanrivers.org
- **Wilderness** www.wilderness.net
- **Single Point Access** www.recreation.gov

Recommended Film

The National Parks: America’s Best Idea, a film by Ken Burns www.pbs.org/nationalparks