

# Nature RX: The Healing Power of Exercise in the Wild

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# SIMPLY **INSPIRING**

To Do Everything In Our Power To  
Stand With Our Members  
In Sickness And In Health<sup>®</sup>



# AGENDA

- ☀ Nature's healing impact on health
- ☀ Enhanced physical wellness
- ☀ Decreasing the risk of falls
- ☀ Finding your why
- ☀ Outdoor exercise resources within the community
- ☀ Workout

# NATURE'S HEALING IMPACT ON HEALTH

**“IN EVERY WALK WITH NATURE  
ONE RECEIVES FAR MORE THAN  
ONE SEEKS.”  
- JOHN MUIR**



# THE BENEFITS OF NATURE ON HEALTH



Decrease in blood pressure, heart rate, and perceived stress



Improved affective state and cognitive performance



Decrease in anxiety and depression

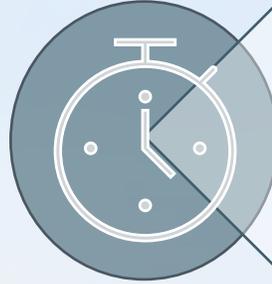


Lower insufficient sleep



Increased immunity, NK cell counts and cancer fighting proteins

# DURATION IN NATURE – HOW MUCH TIME IS NEEDED?



## Seconds:

- Within 200 milliseconds people react positively when they see images of nature



## 15-20 Minutes:

- Lowered blood pressure
- Lowered circulating cortisol
- Better mood



## 120 Weekly minutes:

- Is associated with good health and wellbeing



Organ Mountain, Las Cruces

## **ENHANCED PHYSICAL WELLNESS**

**“THERE IS NO WI-FI IN THE FOREST,  
BUT I PROMISE YOU WILL FIND A  
BETTER CONNECTION.” – RALPH  
SMART**



Jemez Falls

## BENEFITS OF PHYSICAL ACTIVITY OUTDOORS

- Enhance cognitive abilities
- Improve concentration
- Boost creativity
- Encourages movement
- Reduces cortisol levels
- Weight management
- Reduces muscle strain
- Reduces cardiovascular strain
- Increases vitamin D
- Decreases the risk of falls

Source: Scholtz, 2021



Lake Catherine

“

**People with high blood pressure could get their hypertension under control if they spent just 30 minutes or more in a park each week.**

”

- Danielle Shanahan  
Research fellow at University of Queensland



Angel Fire

**DECREASING THE RISK OF  
FALLS**

**“ALL GOOD THINGS ARE WILD  
AND FREE.” – HENRY DAVID  
THOREAU**



4<sup>th</sup> of July Canyon

## THE IMPACT OF FALLS

- 1 in 4 adults fall each year
- Falls are the leading cause of injury related deaths in older adults
- Falls result in over 3 million emergency department visits annually

**Falls Are  
Preventable**



Tent Rocks

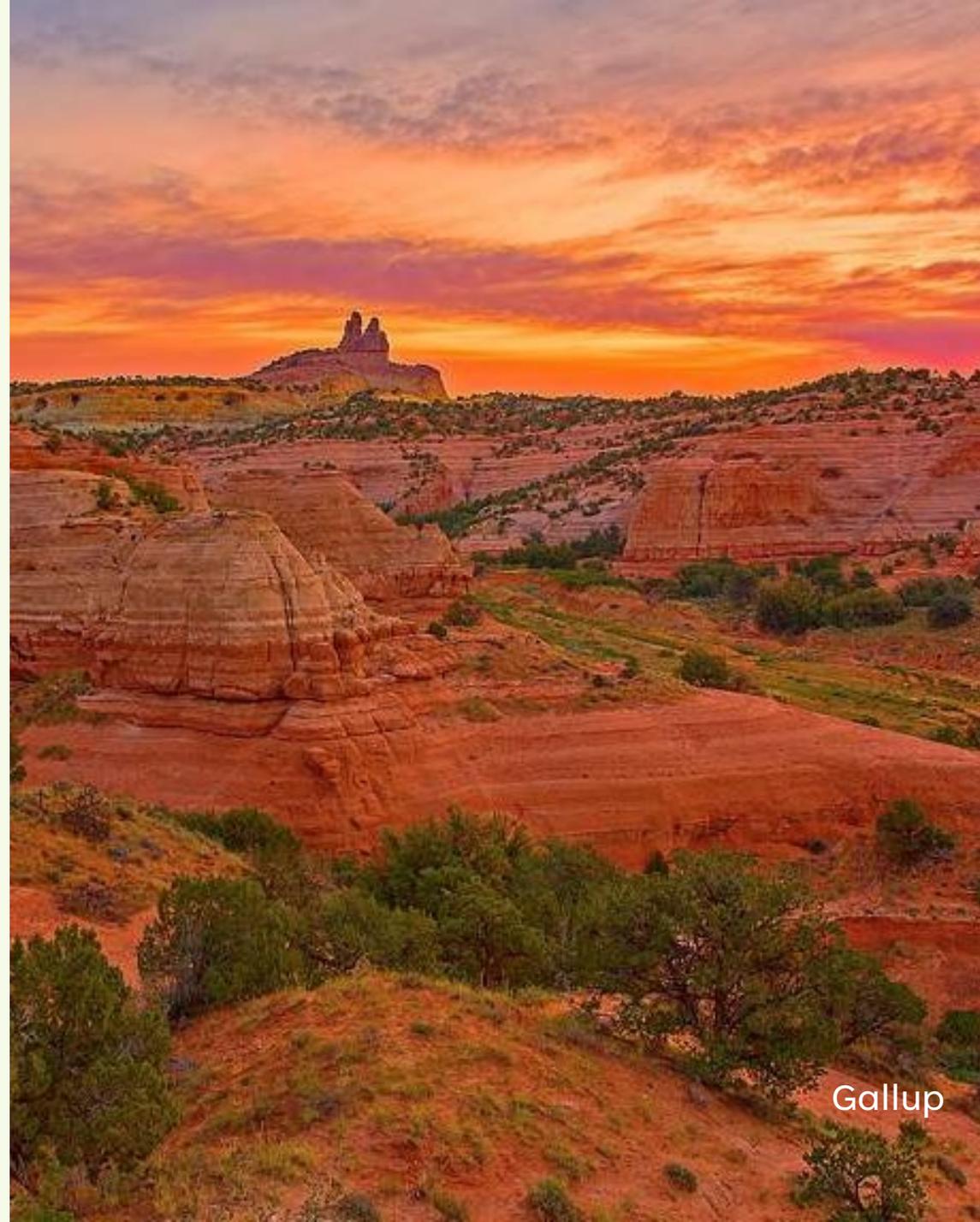
## FALL PREVENTION

- Increase lower body strength
- Increase balance exercises
- Increase walking on different surfaces
- Increase Vitamin D
- Proper footwear

**Exercise as a single intervention has reduced the incidence of falls by more than 36%**

**INTENTIONALLY  
INCORPORATING OUTDOORS  
PART OF YOUR ROUTINE**

**"What is the good of your stars and trees, your sunrise and the wind, if they do not enter into our daily lives?" –E.M. Forster**





The Winged Rock

## REGULARLY INCORPORATING NATURE IN YOUR EXERCISE ROUTINE

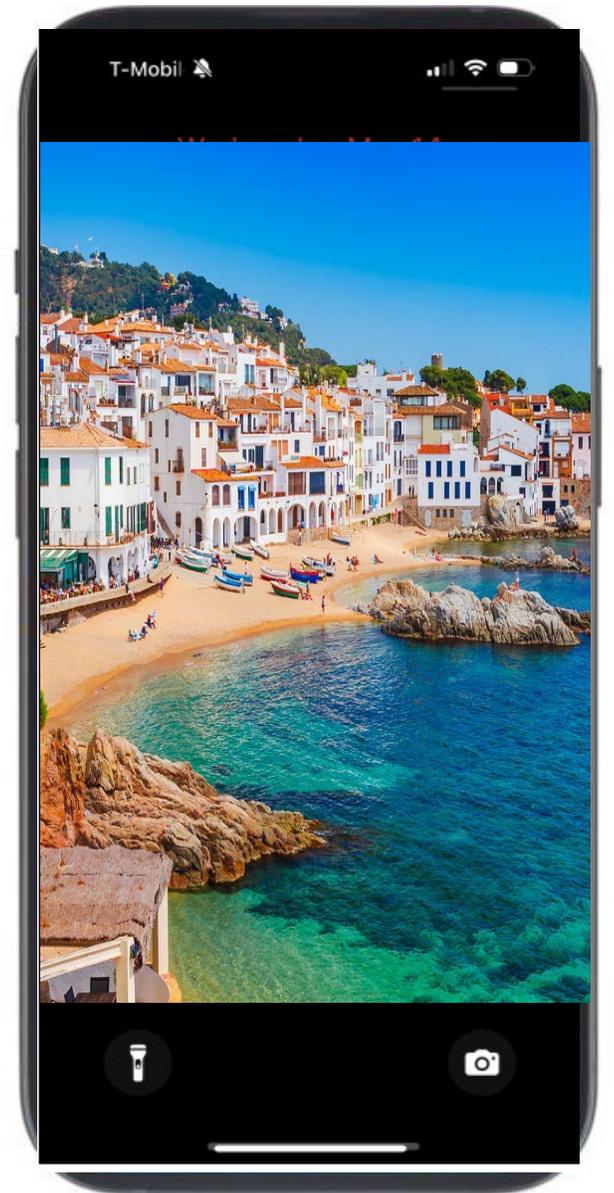
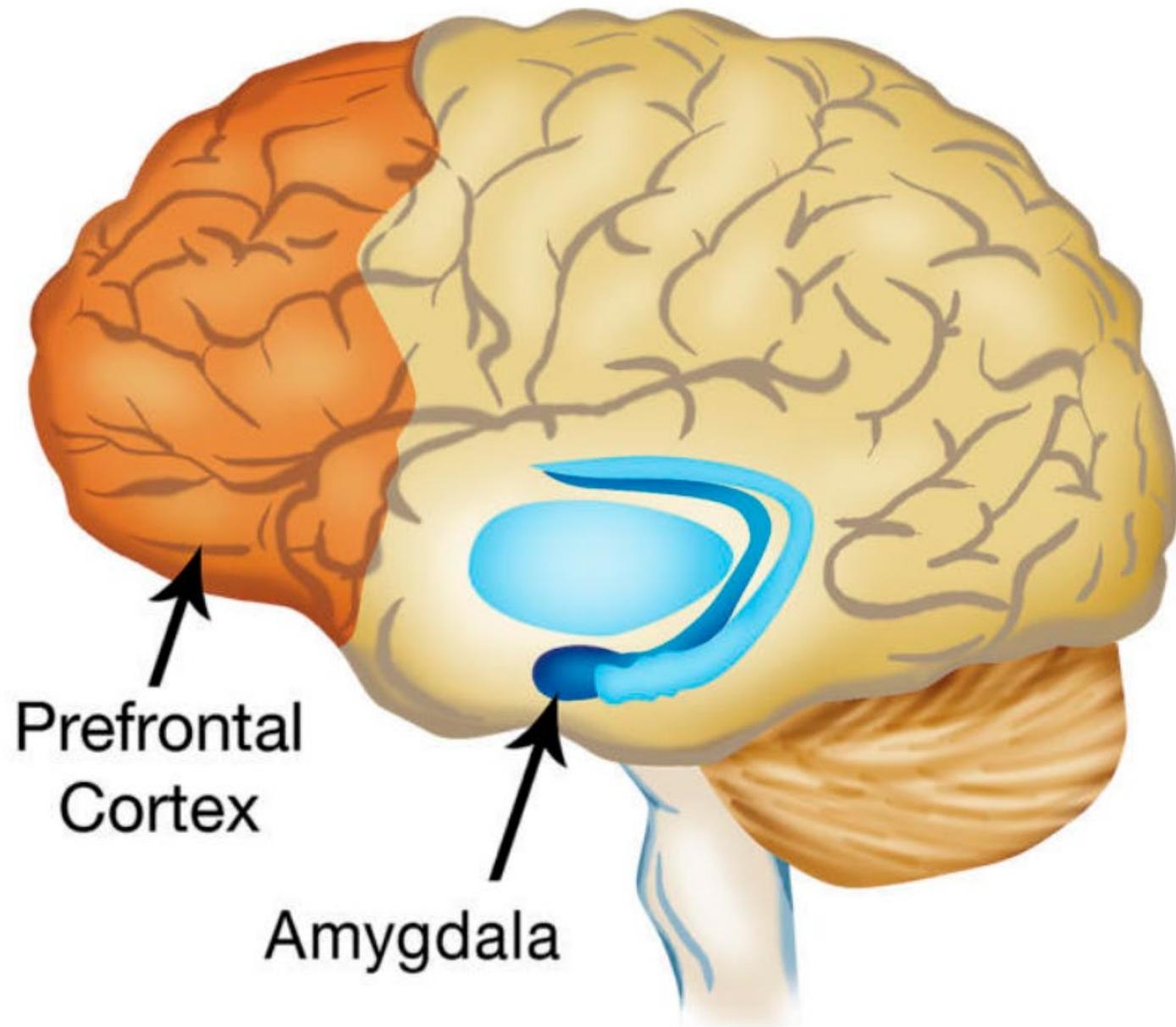
- Schedule regular “nature breaks” throughout your day, even for 10 minutes at a time
- Find a park or trail by your house
- Take a walk around the neighborhood after dinner
- Eat a meal outside

## FINDING YOUR WHY

**“It never hurts to keep looking for  
sunshine” –A. A. Milne**



Comanche Creek in the Valle Vidal





“ *Harnessing the healing power of nature is within your reach: simply step outside and reap its benefits.* ”

**Mladen Golubic, MD, PhD, Medical Director, Osher Center for Integrative Health**



Rio Grande Gorge Bridge

## RESOURCES WITHIN YOUR COMMUNITY

**“INTO THE FOREST I GO, TO LOSE MY  
MIND AND FIND MY SOUL.” – JOHN  
MUIR**

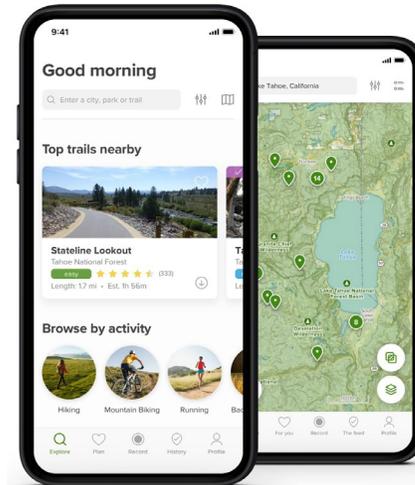
# NATURE RESOURCES

## Parks in Las Cruces with Outdoor Exercise Equipment

- Henry Benavidez Community Center (FitLot) – 1045 McClure Rd
- Hadley Complex (east of the Harty Fields) – 1834 Hadley Ave
- Fitness Court Frenger Park – Calisthenics Park – 5101 Porter Drive

## Prescription Trails

- New Mexico website to help you find best park and walking trails and wheelchair rolling paths around the state - <https://prescriptiontrails.org/>



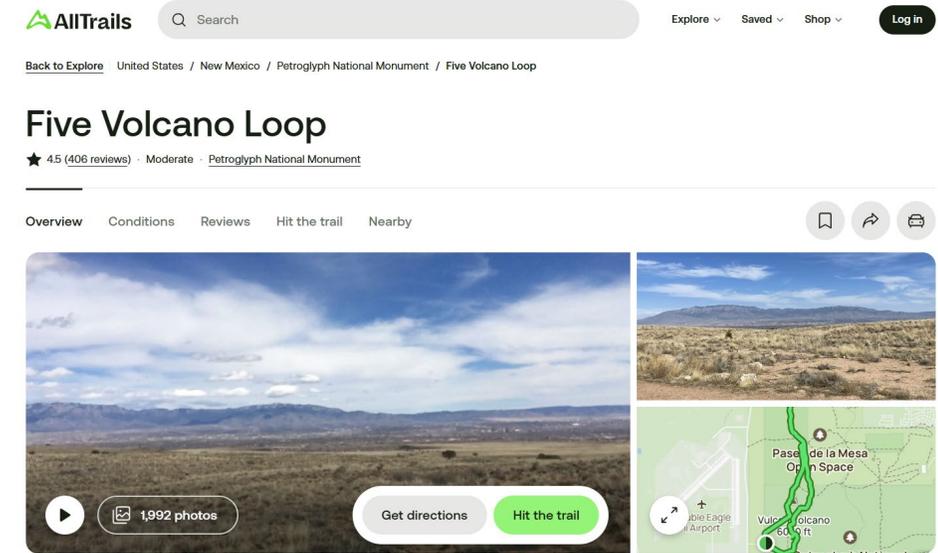
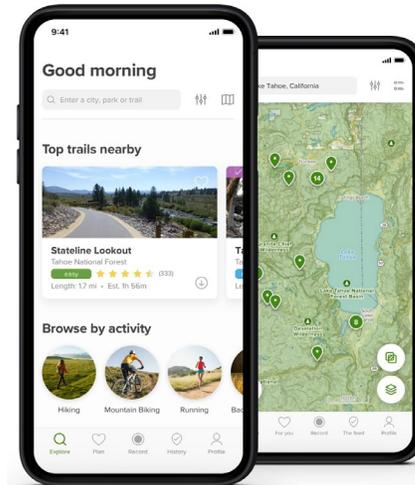
White Sands National Park



# NATURE RESOURCES

## Parks in Albuquerque with Outdoor Exercise Equipment

- Ted Hobbs Park – Calisthenics Park – 10800 Jewel Cave Road Southeast
- Mariposa Basin Park - 4900 Kachina St NW
- Tiguex/ Tricentennial Park - 1800 Mountain Rd NW
- Little Cloud Park – 1850 San Bernardino Dr NE
- Ventana Ranch Park - 10000 Universe Blvd NW



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White Sands National Park



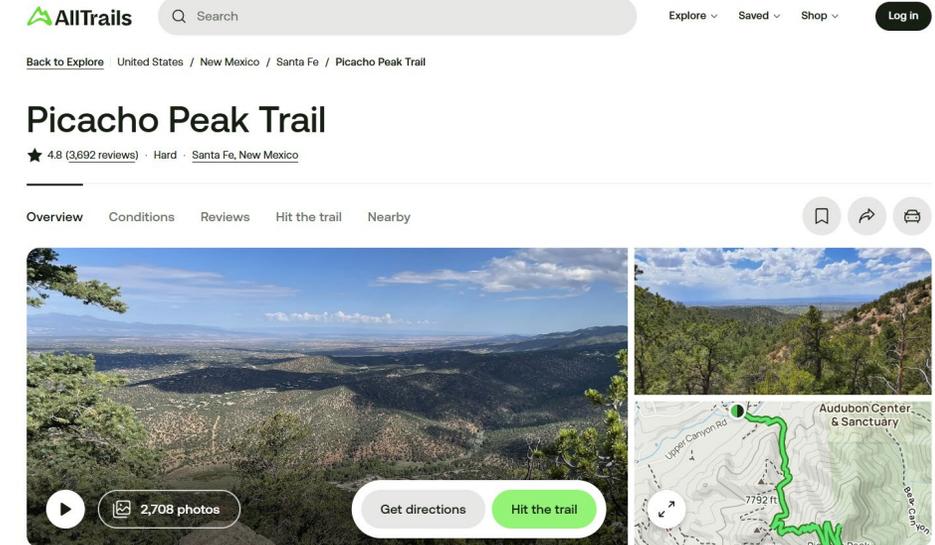
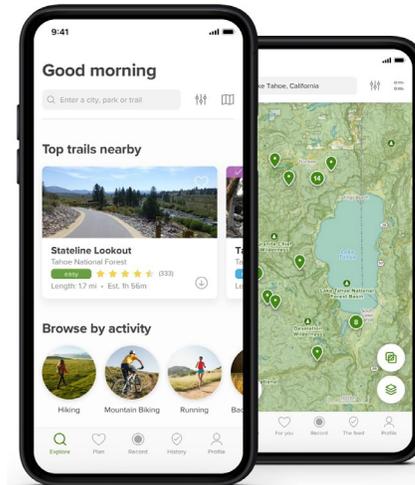
# NATURE RESOURCES

## Parks in Santa Fe with Outdoor Exercise Equipment

- Bodyweight Fitness– Calisthenics Park – 105 Camino Santiago
- Swan Park- 5300 Jaguar Drive

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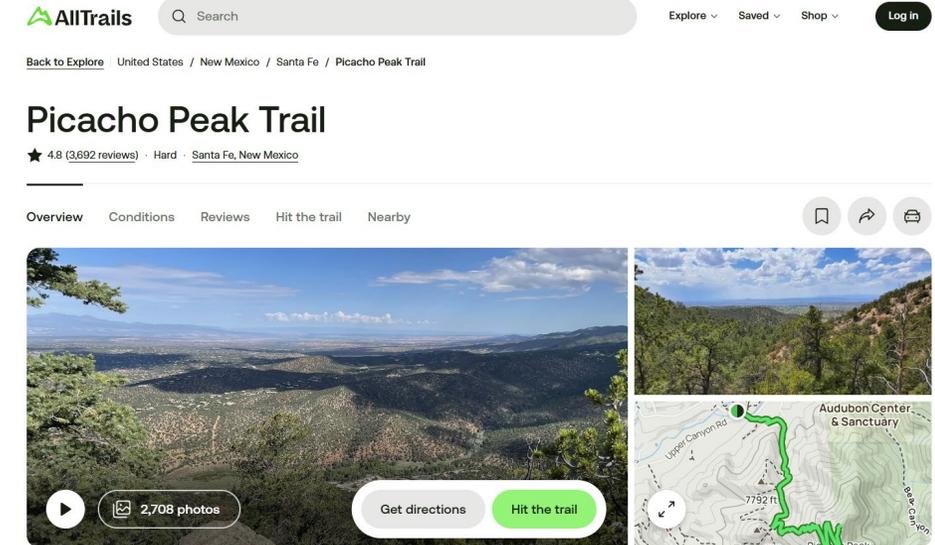
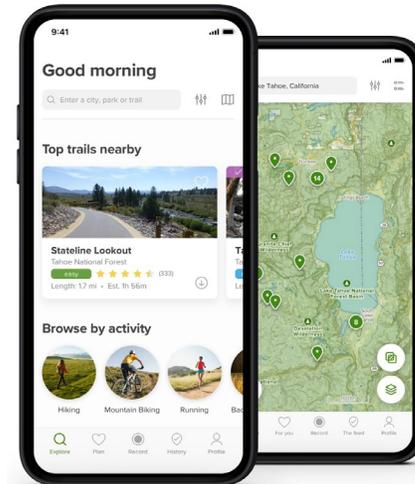
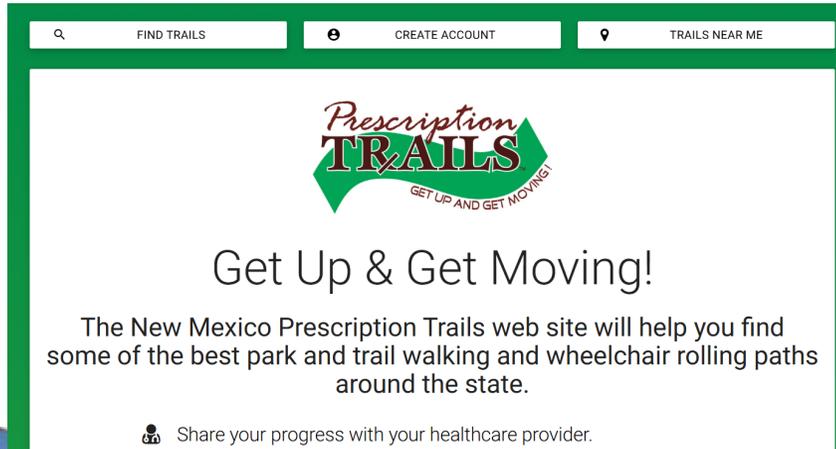


White Sands National Park

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White Sands National Park



Cochiti

## WORKOUT

**“THERE IS NO SUCH THING AS  
BAD WEATHER, JUST BAD  
CLOTHES” – NORWEGIAN  
PROVERB**