

6 simple steps to become a Park Health Ambassador

Health and healing begins with you.



1

START WITH YOU

You don't need tools or special skills to begin your journey.



2

TUNE INTO NATURE AND YOURSELF

Whether you are able to go to your favorite park, or you are parked at home you can find ways to connect with nature and your health.



3

CHOOSE ACTIVITIES THAT ARE SIMPLE AND FUN FOR YOU.

It can be as easy as viewing nature from your window, stepping outside for fresh air, or volunteering in the park.



5

SHARE YOUR EXPERIENCE WITH OTHERS.

Invite and welcome others to find ways to connect with nature and their health.



4

DON'T GET STUCK ON GOALS.

Just get started.

6

Now You're a Park Health Ambassador

Return to step 1 above and repeat.

#PowerOfParksForHealth

<https://go.nps.gov/PoPforHealth>

