



Hikers and bikers on the Bear Valley Trail at Point Reyes National Seashore.

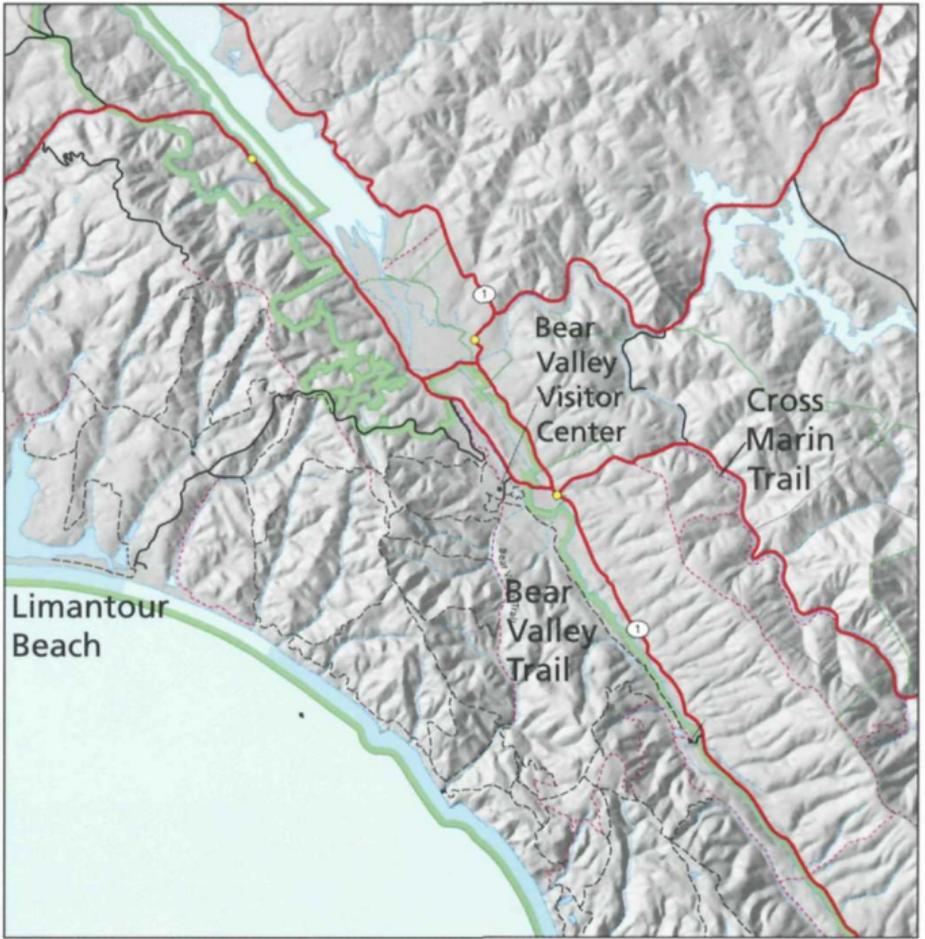
National Parks: Good for Your Body and Mind

The National Park Service is promoting individual health and well being by encouraging you to include physical activity such as walking or cycling in your trip to parks. Consider visiting, or returning to, Point Reyes National Seashore to enjoy some of the 150 miles of hiking trails or 80 miles of walkable coastline. Experiencing a trail or beach is good exercise for your body and your mind.

Point Reyes National Seashore is embarking on a campaign to promote individual health and wellness by encouraging the public to use your land for physical activity.

The National Park Service has a rich history of preserving special places that inspire our lives. National parks provide opportunities for improving America's intellectual, physical and spiritual well being.

Recreation in natural settings provided by parks is becoming increasingly important as our lives become dominated by built environments and indoor activities. Pursuing recreation in a park setting enables people to develop a clearer understanding of their relationship to nature, which can influence their everyday lives.



“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.”

~Plato

Participation in outdoor recreation provides a range of well-documented benefits. These include mental and spiritual well-being, an increase in self-esteem, an appreciation for the natural and cultural environment in which the activity is taking place, and health benefits derived from involvement in physical activities.

The National Park Service is well suited to provide opportunities that positively influence physical activity behavior with a focus on better promotion and encouragement of healthful recreation activities.

