

Unplug from the fast pace of technology and enjoy the healing and rejuvenating power of nature

What's a "Park Prescription?"

It is a written prescription to take a walk or a bicycle ride in the national park.

"Take A Hike and Call Me in the Morning" encourages local physicians to offer therapeutic prescriptions for their patients to take a hike and enjoy the beautiful surroundings of the Joshua Tree National Park.

Whether in a group "Ranger/Doctor Hike" or an individual hike or walk on one of our outlined trails, these prescriptions are tailored to meet your individualized needs. Follow your prescription and you will use some portion of Joshua Tree National Park to improve your health and wellness, or as part of your physical therapy regimen. Your doctor will help you track your progress.



Joshua Tree National Park
74485 National Park Drive
Twentynine Palms CA 92277



**NATIONAL PARK
FOUNDATION**

*In partnership with Hi-Desert Medical Center
to improve the health of our communities.*



**HI-DESERT
MEDICAL CENTER**
HI-DESERT MEMORIAL HEALTH CARE DISTRICT

TAKE A HIKE

*in Joshua Tree National Park
A Park Prescription Program*



**Healthy Parks
Healthy People**

A "Park Prescription"
for Better Health



Joshua Tree Visitor Center

The National Park Service, in celebration of its Centennial in 2016, is reaching out to local communities throughout the nation to create programs and partnerships to celebrate “America’s Best Idea.” One result is this unique collaboration between Joshua Tree National Park and Hi-Desert Medical Center to establish a formal agreement to partner on everything from community wellness workshops and education, to working together to promote healthier lifestyles in the Morongo Basin.

It’s free, easy and fun!

You never get bored with the ever-changing natural world. Each day can be a new outdoor adventure, helping you honor your daily exercise commitment. Best of all — it’s free.

Recreation in any form improves physical and mental health. Benefits from increased physical activity include increased energy and stamina, reduced levels of stress, tension and depression, improved blood pressure and cardiovascular function, and body weight management.

Joshua Tree National Park has more than 270 miles of trail which range from short, flat and paved to strenuous, steep climbs. The number of unique exercise opportunities seems endless.

Hiking is just one form of exercise that can be accomplished while in the park. Biking on the paved or dirt roads offers different views and perspectives. Rock climbing in the park is enjoyed by many visitors, including those who come from all over the world.

Taking it one step farther

Grant funding from the National Park Foundation was received to build a program for Joshua Tree National Park to encourage regular hikers to become data gatherers for climate change monitoring projects. Three trails with different levels of difficulty have been designated as areas where hikers can collect vegetation data to assist with climate change

research. The park has tagged plants and trees along these trails to monitor how plants are responding to environmental cues throughout the seasons.

Hikers who wish to participate in gathering data become official “Volunteers in the Park” (VIP) and will receive complimentary access to the park for this phenological study. To become a VIP hiker who assists with data collection or for more information, please contact Josh Hoines at 760-367-5564 or send an email to josh_hoines@nps.gov



PARK SAFETY

- ◆ Know what your physical limits are when participating in exercise. Follow your doctor’s instructions.
- ◆ Always tell a partner where you will be in the park and what you will be doing. This information can greatly assist park rangers in finding you should there be a mishap.
- ◆ Always carry water and snacks, use sunscreen, and wear appropriate clothing and foot gear.

