

# Florida Outdoor Recreation *FOR Adults*

Outdoor recreation is a prescription for better health, both physically and mentally. You can unplug from the daily grind, improve physical well-being and sleep habits, and enjoy the great outdoors.



## **ACTIVE & HEALTHY COMMUNITY**

Parks and recreation facilities can promote active lifestyles, build healthy communities, and lower healthcare and transportation.



## **INCREASES PROPERTY VALUES**

By providing a popular destination for cultural, social, fitness and athletic activities, efficiently operated facilities and green spaces make the communities that surround them more attractive.



## **IMPROVES FLEXIBILITY**

Staying physically active can help your muscles adapt to physical stressors more easily.



## **REDUCES STRESS**

Doing physical activities outdoors spurs the production of endorphins, your body's 'feel-good' neurotransmitters.



## **IMPROVES EMOTIONAL STATE**

Being outdoors gives us energy, makes us happier, helps us to relieve the everyday stresses of our overscheduled lives, opens the door to creativity, and helps us to be kind to others.



## **LOWERS HEALTHCARE COSTS**

A recent survey showed that adults under 65 years-old who exercise regularly save \$1,230 in medical costs annually.



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In 2016, 144.4 million American adults (48% of the U.S. population) participated in an outdoor activity at least once.

A recent study shows that 62% of adults who spent at least 2 hour a week in nature had improved short term memory, better comprehension, and longer retention of information.



## **WALKING & JOGGING**

Every time sedentary people walk a mile, they add 21 minutes to their life, saving society 34 cents in medical and related costs.



## **TRAIL RUNNING**

From 2010 to 2017, the most popular outdoor activity for young adults was trail running at 36%.



## **FITNESS**

Sixty to 90% of fitness enthusiasts feel they get fewer colds than do their sedentary peers.



## **OUTDOOR RECREATION**

Reductions in stress associated with recreation activities were found in well over 100 studies of recreation experiences in wilderness and urban nature areas.

**81%**

81% of young adults report being active for at least 30 minutes a day.

**50%**

50% of adults say that they enjoy the outdoors for fitness reasons.

**76%**

76% of adults have participated in some form of camping.

**64%**

64% of adults travel 10 miles or less recreation opportunities.