

# Florida Outdoor Recreation *FOR Youth*

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.



## **IMPROVES ACADEMIC PERFORMANCE**

By motivating students, outdoor learning and play can greatly improve students' academic performances.



## **FOSTERS SENSE OF COMMUNITY**

When children play together outdoors, they become stewards of nature and foster strong bonds with each other.



## **INCREASES PHYSICAL ACTIVITY**

Children who are exposed to diverse natural settings are more physically active.



## **HEALTHY FOR LIFE**

Research also shows that children who have positive outdoor experiences will grow up to be adults who enjoy being outside.



## **IMPROVES SKILLS**

Children who play in natural settings develop more diverse, imaginative and creative abilities and show improved language and collaboration skills.



## **PROMOTES LIFE SKILLS**

Free and unstructured play in the outdoors boosts problem-solving skills, focus, self-reliance and self-discipline.



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About 40% of a young-to middle-adolescent's week is comprised of free time. If an adolescent uses this time to engage in healthy, positive recreation experiences, they are much more likely to become a fully functioning adult.

Studies indicate that only 40 percent of today's youth are participating in sports. Additional studies indicate 70 percent of participants are dropping out by the age of 13.



## **IMPROVES ACADEMICS**

Effective outdoor recreation programs can improve classroom behavior, school attendance, academic aspirations, and can increase the likelihood that a student will continue education.



## **INCREASES SELF-WORTH**

Youth who participate in rural outdoor recreation programs develop a higher self-esteem and increased commitment to education.



## **STRENGTHENS COMMUNITIES**

Outdoor recreation team sports can be a great avenue toward developing mature reasoning skills that include more assertion and less aggression, and more compliance with rules and fair play.



## **OUTDOOR RECREATION**

Research shows that youth who have positive outdoor recreation experiences in nature will continue that trend into adulthood.

**54%**

54% of youth consistently participate in a team sport.

**47%**

47% of high school students participate in 60 minutes of outdoor recreation at least 5 days a week.

**84%**

84% of youth participants report that outdoor activities make them want to pursue higher education.

**77%**

77% of youth live in a neighborhood with sidewalks or walking paths.