

# Florida Outdoor Recreation *FOR Communities*

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.



## **HEALTHY EYES AND VITAMIN D LEVELS**

Time spent in bright sunlight can reduce near-sightedness and increase vitamin D levels.



## **INCREASED PHYSICAL ACTIVITY**

Recreational activities can burn calories, boost the immune system and reduce the risk of chronic disease.



## **REDUCED BLOOD PRESSURE**

Regular activity can control high blood pressure and strengthen the heart.



## **NATURE RESTORED FOCUS**

Exercise can help relax overworked brains, improve memory and boost critical thinking skills.



## **SOCIAL/EMOTIONAL WELL-BEING**

Outdoor recreation can help manage stress and provide a sense of balance and self-esteem.



## **REDUCED ANXIETY**

Our bodies release less cortisol and more natural endorphins, which promote happy thoughts and good feelings.



# Florida Outdoor Recreation

## FOR Communities

Florida ranks second in the U.S. in the amount of consumer spending on major resource-based outdoor recreation activities. (Outdoor Industry Association, 2017).

Getting people active could save the global economy nearly \$68 billion annually in medical costs and productivity. The US alone could save up to \$28 billion.



### **WALKING & JOGGING**

Florida boasts some of the most beautiful and diverse trail systems in America. Florida's most popular outdoor activity for residents is Outdoor Fitness Walking/Jogging at 68%.



### **TRAILS**

Florida's National Scenic Trail (one of 11) is 1,300 miles long. Stretching from the Pensacola area, to the Ft. Lauderdale area, the trail offers an array of activities, from hiking to horseback riding.



### **BICYCLING**

Bicycling had the second most resident participation at 40.1 days. Florida has more than 100 parks that allow for bike access. Bike paths are one of the top four desired facilities in Florida.



### **OUTDOOR RECREATION**

People who exercise outside are more likely to stick to a fitness routine than those who exercise at the gym. 38% of residents are very satisfied with the outdoor recreation opportunities currently available to them.

91%

91% of Florida's residents believe being active or healthy is important.

81%

81% of residents believe being close to nature has a positive impact on their health.

73%

73% of adults believe that parks and open spaces are essential to their health and wellness.

78%

78% of people who visited Florida came primarily for recreation and leisure opportunities.