

# Florida Outdoor Recreation *FOR Seniors*

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 HEALTH & WELL-BEING**

Seniors who spend time enjoying outdoor recreation, experience increased feelings of connectedness and renewal.



## **NATURAL LIGHT**

Exposure to natural light is powerful, and people who spend time outdoors can recover from injuries faster by reducing inflammation.



## **IMPROVES SLEEP**

Outdoor recreation improves the sleep cycles of older adults due to vitamin D absorption.



## **PROMOTES SOCIAL INTERACTION**

Outdoor recreation supports a stronger social network for seniors, which can help restore feelings of personal control and self-esteem.



## **ELIMINATES STRESS**

Outdoor recreation can improve your mood and help develop a stronger sense of self.



## **BOOSTS MEMORY**

Studies show that seniors who participate in outdoor recreation show improvement to their memory.



# Florida Outdoor Recreation *FOR Seniors*

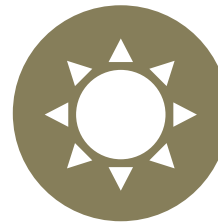
In older adults of the 65 years and above age group, physical activity includes leisure time physical activity, transportation (e.g. walking or cycling), occupational (if the individual is still engaged in work), household chores, play, games, sports or planned exercise, in the context of daily, family, and community activities.

Adults age 55 and older only participate in leisure, sports, or recreation for an average of 45 minutes per day.



## **ACTIVE LIFESTYLES**

Physically active lifestyles are found to minimize the physiological changes associated with aging and help delay or prevent the onset of common chronic diseases.



## **IMPROVING IMMUNITY**

The aging population will benefit a lot by spending time outdoors because the early morning sun helps in improving the Vitamin D levels in their body. Vitamin D is very important for improving immunity.



## **AEROBIC EXERCISE**

Older adults should strive to do at least 150 minutes of moderate intensity aerobic physical activity throughout the week.



## **LIFESPAN**

In 2014, 14.5% (46.3 million) of the US population was aged 65 or older and is projected to reach 23.5% (98 million) by 2060.

**45%**

45% of people 65 and over consistently have their health assessed as excellent or very good.

**40%**

40% lower blood pressure can be associated with walking for 3 hours weekly.

**85%**

85% of seniors visit a local park at least once every 12 months.

**73%**

73% of seniors stated they would be more likely to go to a park that is within walking distance.