

ParkRx for Health

ParkRx for health aims to help improve the health and well-being of Sonoma County residents through regular exercise in Sonoma County parks and on Sonoma County trails. By “nature” a collaborative program between health care and park professionals, patients are “prescribed” monthly activities at local parks which introduce participants to safe, low impact walking or outdoor physical activities in nature. Our goal is to promote healthier lifestyles that result from engagement with nature. Participating medical organizations include Kaiser Sonoma County, St. Joseph’s Medical, Sutter Health and Sonoma Valley Hospital.

ParkRx for health strives to:

- *Prescribe healthy outdoor exercise through partnerships with public health care providers.*
- *Increase access and utilization of parks by people who are historically underrepresented.*
- *Actively promote connections with nature through programs which encourage physical activity, stress reduction and social connection for overall wellness.*

Visit self-guided hikes <https://parkrx-sonomacounty.org/self-guided-hikes/> or the events pages <https://parkrx-sonomacounty.org/events/> to find programs offered by each partner.

How does it work for a Medical Provider?

If you have a patient that could benefit from getting outside for exercise, stress reduction or family or community engagement, write a prescription!

Have the patient visit <https://parkrx-sonomacounty.org/events/> for activities that fit their needs.

At most parks your prescription will allow access to a single event or series of events. Alternatively, it could provide entry for self-guided hikes.

Team Sugarloaf offers a variety of hikes as part of the program. **Parking fees apply:**

- 1) **Forest Therapy Hikes:** Two to three hours of slow meditative walking in the woods, designed for improved mental and overall health. One hike per month, visit sugarloafpark.org for dates.
- 2) **Hiking for Fitness:** Two eight-week programs (BEGINNING & INTERMEDIATE) start with short hikes and gradually increase in difficulty.
- 3) **Family Hikes:** Holiday weekends, Sugarloaf hosts a Family Hike. Covering two to three miles and led by a naturalist, the hikes are designed get the whole family moving while learning about the park. Often on the third weekend of the month, bilingual hikes are conducted in Spanish / English.
- 4) **Self-Guided Hikes:** Sugarloaf has 30 miles of trails of all levels. Pick a hike, bring your ParkRx prescription and get outside.

Questions? <https://parkrx-sonomacounty.org/contact/>





Sonoma County Park Rx For Health

For Park Activities visit:

www.parkrx-sonomacounty.org

Here is the plan we discussed for improved health and fitness.

Date: _____ Name: _____

- Physical exercise
- Stress Reduction
- Social and family

Frequency: _____

We will review this plan at your next appointment

Your Doctor



Park Rx for Health del Condado de Sonoma

Para actividades en los parques visita:

www.parkrx-sonomacounty.org

Aquí está el plan que discutimos para mejorar la salud y la forma física.

Fecha: _____ Nombre: _____

- Ejercicio física
- Reducción de estrés
- Interacción social y familiar

Frecuencia: _____

Revisaremos este plan en su próxima cita

Su médico