

# ENJOYING NATURE



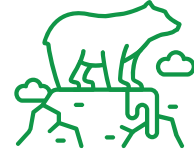
## Visit a National Park!

Visiting a national park, forest or grassland can have many benefits, including:



### Connecting with nature,

which can help you feel more relaxed, reduce your stress levels and improve your mood.



### Learning about wildlife,

some of which can be found nowhere else on earth.



### Supporting conservation efforts —

national parks, forests and grasslands are protected areas, meaning that they are managed in a way that protects their natural resources and biodiversity. By visiting, you are supporting these conservation efforts and helping preserve natural spaces for future generations.



### Learning about history and culture,

as many parks are also home to important cultural and historical sites.



### Getting exercise —

national parks typically offer opportunities for outdoor recreation, such as hiking, camping, fishing and kayaking.\*

Visit <https://www.nps.gov/planyourvisit/index.htm> or <https://www.fs.usda.gov/> to explore options in your area or plan a trip!

*\*Talk with your doctor before significantly increasing your activity level. Ask about the amounts and types of activities that may be best for you.*

This health and wellness program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this health and wellness program is for informational purposes only and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law and may be used to provide health and wellness recommendations as applicable. The health and wellness program is not an insurance program and may be discontinued at any time. © 2023 Optum, Inc. All rights reserved. 408035

