







## Take the Remedy Route and Feel Better!

### If you are feeling...

-  Chest pain, shortness of breath, tired
-  Stress, problems sleeping, low energy
-  Stiffness, sharp pain, body aches

### This can help...

- Engage in at least 30 minutes of activity, once a week
- Set long term goals: \_\_ minutes, \_\_ days a week
- Increase time in nature with the following:

-  Meditate or read
-  Walk or Tai Chi
-  Dance or exercise



## Your Remedy Route Helps You:

 **Feel Better**  
Increase your energy levels

 **Connect Together**  
Decrease loneliness

 **Live Longer**

 **Be Stronger**  
Improve heart health

**“Take a quiet walk  
with Mother Nature.  
It will nurture  
your mind,  
body, and soul.”**  
- A. D. Williams

## Use Your ParkRx

### Be Mindful



Sun exposure



Bugs, dirt and uneven terrain



Contact with wildlife and other park goers



Poor weather conditions



Increased heart rate, breathing and heat

### Get Ready



Wear sunscreen



Wear protective clothing



Maintain a 6-foot distance



Check the forecast



Stay hydrated and rest as often as needed

## Napa County Parks:

### American Canyon:

- Wetlands Edge Park

### St Helena:

- Crane Park

### Napa:

- Alston Park
- Fuller Park
- Kennedy Park
- O'Brien Park
- Trancas Crossing Park

### Calistoga:

- Pioneer Park

\* Please check website for restroom accessibility.



Dog-friendly



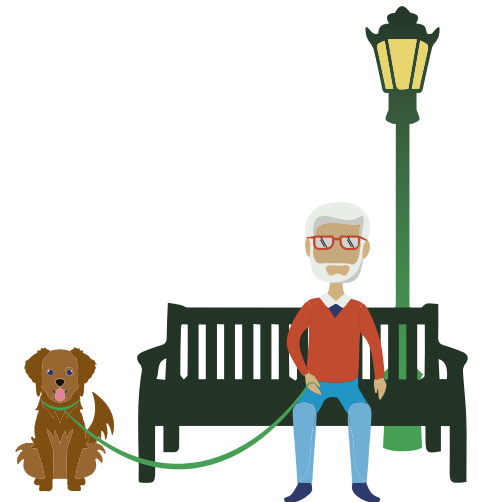
Restrooms\*



Bench



Walking Path



For more information, visit [NapaOutdoors.org](http://NapaOutdoors.org) or [ParksRx.com](http://ParksRx.com)



INNOVATIVE  
HEALTH  
SOLUTIONS



CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program (USDA SNAP), produced this material. These institutions are equal opportunity providers and employers.

For important nutrition information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) and supported by Adventist Health.

Parks Prescription is a project of Bay Area Moves and Innovative Health Solutions.