NatureRx@Penn

Research shows spending time in nature is good for your health and well-being!

To fill this prescription:
Spend quality time outside: Exercising outdoors is great, but you can also benefit from lying in the sunshine, meditating beneath a tree, watching a bird or butterfly, enjoying a sunset, listening to the wind, etc. Notice how time outside influences your thoughts and mood.

Recommended dosage:

☐ Once a week  ☐ 2-3 times/week  ☐ 4-5 times/week  ☐ 6-7 times/week

FIND NATURE NOW:

Scanning this code will take you to green space near campus.

When you're outside, hashtag #NatureRxPenn on any social platform!

For more information: bit.ly/naturerx_penn