

# Dr. Outdoors

# Says

Name: You!

Date: Start today

## DID YOU KNOW?

Twenty one percent of today's kids regularly play outside compared with 71% of their parents. Also, one in three children are overweight and one in six are considered obese.

# Rx

Get outdoors every day for 30 minutes or more. Not only will you connect with family and friends but possibly lower your blood pressure, help fight ADHD symptoms, reduce anxiety and depression, increase your appreciation for the outdoors and become healthier.



Refill Daily



No Substitution

**Doctor C. U. Outdoors**

Outdoors Recreation Fellow  
Delaware Children In Nature Institute



Learn more at [delawarecin.org](http://delawarecin.org)

# Be Happy! Be Healthy! Win Prizes!

Try one of these free programs for a chance to win a prize! Write your name and contact information below, and give this card to the program presenter to enter the monthly drawing!

- Take a Kid Fishing! Fish and Wildlife - Aquatic Resources Education Center, [de.gov/arc](http://de.gov/arc) (Springtime, ages 6 - 15)
- Free Education Programs: Fish and Wildlife DuPont Nature Center, [de.gov/dnc](http://de.gov/dnc)
- Free Public Programs or Volunteer activity: Delaware National Estuarine Research Reserve, <http://de.gov/dnerrprograms>
- Free Guided Walking Tours: Delaware State Parks - First State Heritage Park, [destateparks.com](http://destateparks.com)
- Any free State Parks Program: Delaware State Parks statewide, [destateparks.com/programs](http://destateparks.com/programs)
- Free weekend nature activities: Delaware Nature Society, [delawarenaturesociety.org/dns/visit](http://delawarenaturesociety.org/dns/visit)



Name \_\_\_\_\_ Contact \_\_\_\_\_