

Ohio Park Rx

PRESCRIBE NATURE: A Path to Better Health

EXPIRATION DATE

PATIENT'S NAME

ACTIVITY

☐ Walking

☐ Paddle Sport

☐ Hiking

☐ Stretching

☐ Running

☐ Sitting in Nature

☐ Biking

☐ Other _____

DURATION

☐ 15 min.

☐ 30 min.

☐ 45 min.

☐ 1 hr.

FREQUENCY PER WEEK

☐ 1 time

☐ 2 times

☐ 3 times

☐ 4 times

PROVIDER SIGNATURE

Ohio's state parks, nature preserves, forests, and wildlife areas are free for all. Scheduled activities are also available at select parks.



Scan the QR code to find more information on the OuterSpatial app, or download the AllTrails app for more greenspaces.