

Spend More Time



Outside!

It only takes
17 MINUTES
a day in nature for
your family to better
their health!

There are many benefits for kids and adults who regularly spend time outdoors:

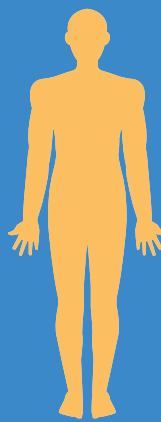
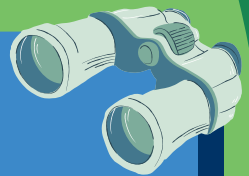


Social



- Improves family communication
- Creates a sense of belonging
- Promotes academic achievement
- Instills care for the Earth

Physical



- Boosts physical activity
- Lessens stress
- Improves sleep
- Reduces risk of obesity
- Improves kids' eyesight



Mental

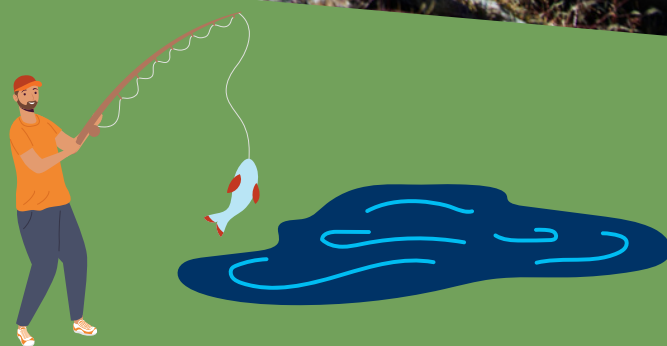
- Raises self-esteem
- Improves mood
- Inspires creativity
- Reduces anger and aggression
- Restores focus




Ways to Play

Nevada has no shortage of wonderful outdoor spaces for people to enjoy! Research shows **120 minutes per week** in nature provides physical, mental, and social health benefits. Explore these resources to help get your family outside:

- Visit [nvtrailfinder.com](https://www.nvtrailfinder.com) to find a trail near you.
- **State Park passes** can be checked out at your local Nevada library.
- Check out [inaturalist.org](https://www.inaturalist.org) or download the **Seek by iNaturalist** app to learn about Nevada's plants and animals.



- 
- Nevada is home to some of the best stargazing and darkest skies in the US! Find a starry sky nearby with the **Travel Nevada Dark Skies Finder**.
 - Participate in the Nevada State Parks **Jr. Ranger Program**.
 - Learn how to practice the seven principles of "**Leave No Trace**."

- Ask your library for **field guides** on local plant and animal species.
- Learn about **free entrance days** for national parks, monuments, and recreation areas.
- Contact your **local parks department** to learn about nearby nature and outdoor activities.
- Discover and learn to live with wildlife on the **Nevada Department of Wildlife's website**, [ndow.org](https://www.ndow.org).
- Nevada has more mountain ranges than any other state in the lower 48! **Map out the mountains** near you.

Need more ideas?



(775) 684-2700



www.ndor.nv.gov