

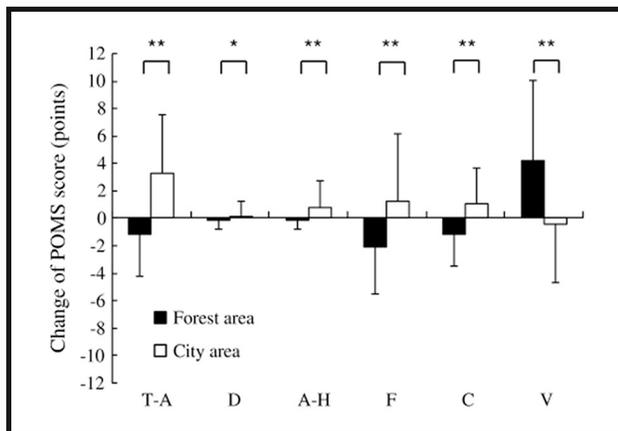
Park Rx America is a 501(c)(3) non-profit charitable organization.

Viewing and spending time in green spaces lowers cortisol levels and blood pressure.

“Viewing forest landscapes leads to lower concentrations of cortisol, lower pulse rate, lower blood pressure, enhanced HF components of HRV, and lower LF/HF. These results strongly support the findings of indoor research using heart rate and blood pressure on the effects of viewing a forest scene on recovery from stress.”

Study had participants viewing forest landscapes, both real “forest bathing” and artificial by viewing pictures

Park B, et al. (2009). The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing): evidence from field experiments in 24 forests across Japan. *Environmental Health and Preventative Medicine*,15:18–26.



Viewing pleasant rural scenes has been shown to reduce blood pressure measures.

“Only those subjects viewing rural pleasant scenes experiences significant reductions in all three measures of blood pressure (systolic, diastolic, and MAP).”

Subjects showed scenes of rural and urban scenes, both pleasant and unpleasant

PPretty J, et al. (2005). The mental and physical health outcomes of green exercise. *International Journal of Environmental Health Research*, 15(5):319-37.



Forest environments are shown to decrease cortisol levels, blood pressure, and sympathetic nervous system activity.

“Forest environments could lower concentrations of cortisol, lower pulse rate, lower blood pressure, increase parasympathetic nerve activity, and lower sympathetic nerve activity compared with city settings.”

Study had participants viewing forest landscapes, both real “forest bathing” and artificial by viewing pictures

Park B, et al. (2009). The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing): evidence from field experiments in 24 forests across Japan. *Environmental Health and Preventative Medicine*,15:18–26.

Viewing pleasant rural scenes is linked to a decline in blood pressure is more effective at reducing blood pressure than viewing urban or unpleasant scenes.

“Of all subjects, 70% experienced a decline in blood pressure, with the greatest proportion in the rural pleasant category. All subjects in the rural pleasant category experienced a decline in blood pressure, whereas only 60% of subjects experienced such declines in all other treatments.”

Subjects showed scenes of rural and urban scenes, both pleasant and unpleasant

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