

What can you do in nature?





Where can you find nature at Cornell?





Each leaf is a place where you can find nature on campus.



See the full list of nature stops at naturerx.cornell.edu.

Science says...Go outside

Li, D., Sullivan, W.C., (2016). **Impact of views to school landscapes on recovery from stress and mental fatigue.** Landscape and Urban Planning, 148, 149-158.

Mental Health (Emotional) Benefits:

Improves cognitive ability, including ability to concentrate • Benefits mood & sense of overall happiness • Reduces feelings of stress • Increases number of social connections & quality of relationships • Boosts emotional regulation ...

Physical Benefits:

Boosts physical health • Reduces physiological responses to stress • Reduces blood pressure • Increases Vitamin D exposure • Increases fitness level ...

...and many more!

Twohig-Bennett, C., Jones, A., (2018). **The health benefits of the great outdoors: A systematic review and meta-analysis of greenspace exposure and healthy outcomes.** Environmental Research, 166, 628-637.



Time in Nature = A Healthier You





What do students say about Nature Rx?

"...We can still go outside and admire nature's beauty regardless of the weather. Met some humble, beautiful and perseverant people who as you can tell came prepared for the weather!...Thank you to Emeritus Professor Dr. Peter Davies for giving us a very informative tour of the Cornell Botanical Gardens."

~Nature Rx at Cornell's Facebook page
Nature featured: [Cornell Botanical Gardens](#)

"In all my years of working with plants, I've never slowed down to really examine and appreciate them as much as I learned how to do on the Mindful Botany walks"

~Dawn Dailey O'Brien
Nature featured: [Cornell Botanical Gardens](#)

Check out the Cornell Botanic Gardens for a current schedule of walks and tours!

"During the dark days of winter, a lot of people go [here] to get their fix of color."

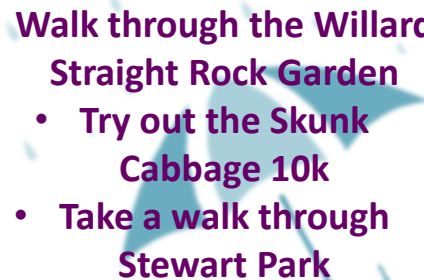
~Addy Smith-Reiman
Nature featured: [Liberty Hyde Bailey Conservatory](#)



- 
- Visit the Botanic Gardens
 - Watch the sunset from Libe Slope
 - Go paddlboarding on Cayuga Lake

- 
- Visit the Liberty Hyde Bailey Conservatory
 - Bundle up and take a walk around Beebee Lake
 - Ice skate in Cass Park

- 
- Hike Cascadilla Gorge
 - Go apple picking at Indian Creek Farm
 - Visit the Apple fest and Wizing Weekend on the Commons

- 
- Walk through the Willard Straight Rock Garden
 - Try out the Skunk Cabbage 10k
 - Take a walk through Stewart Park



What is
it?

Nature Rx is built on the principle that time spent in nature is therapeutic and contributes to personal well-being.

It was built on a model developed by a group of Washington D.C. **physicians** and the **National Parks Service**. Parks Rx and Park Prescription programs have grown significantly worldwide.

Nature Rx at Cornell is a dynamic and growing movement of people and organizations across the university who come together with a shared passion for the ways in which the natural beauty of our campus can positively impact every person's well-being.

Connect
with us!

Instagram:
[naturerx.cornell](https://www.instagram.com/naturerx.cornell)
Facebook: **Nature Rx at
Cornell**

Get out into nature this weekend!

Explore the natural beauty of Ithaca

- Robert Treman State Park
- Cayuga Lake
- Ithaca Falls Natural Area
- Stewart Park
- Buttermilk Falls State Park
- Ithaca Children's Garden
- Cayuga Nature Center
- Cass Park
- Triphammer Falls
- Danby State Park
- East Ithaca Nature Preserve
- Fuertes Nature Area
- Finger Lakes Trail
- Ellis Hollow Nature Preserve
- Lab of Ornithology

