



HEALTH DEPARTMENT
PARKS & RECREATION

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News Release

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Park Rx Utah Announces Challenge Encouraging Utahns to Get Outside
Utahns of all ages and abilities can build teams, get outdoors and win prizes!

(SALT LAKE COUNTY)—After a year of decreased physical activity for many due to the COVID-19 pandemic, Park Rx Utah—a cross-sector coalition led by the Salt Lake County Health Department (SLCoHD), in partnership with Salt Lake County Parks and Recreation, whose mission is to “prescribe” parks and other recreational settings to prevent chronic conditions and improve physical, social and mental health—is thrilled to announce their 2021 outdoor challenge themed “*Break from Isolation, Enjoy Outdoor Exploration!*”

According to the U.S. Centers for Disease Control and Prevention (CDC), adults who sit less and do any amount of moderate-to-vigorous physical activity gain significant health benefits, including:

- Reduced anxiety
- Reduced risk of depression
- Improved sleep
- Slowed or reduced weight gain
- Improved bone health
- Improved physical function

“Parks, trails and other outdoor spaces are great, no-cost tools for residents to improve their physical and mental health,” said Sarah Kinnison, SLCoHD health educator. “That’s why we’re so excited to be able to add a little extra motivation for all Utahns to get outdoors and shake off the isolation from last year,” Kinnison added.

“We are happy to join with Park Rx Utah to help spread the word about the benefits of experiencing our outdoor gems,” said Martin Jensen, Director of Salt Lake County Parks and Recreation. “In the past year, especially, we have seen increased visitation as these outdoor venues have served as a safe refuge in a challenging time. Our golf courses alone saw a 9% increase in use, because people are seeking safe and healthy outdoor activities.”

From April 15–25, Utahns can participate in the week-long, statewide challenge by:

1. Building a team of 3–5 members
2. Downloading the [GooseChase mobile app](#)
3. Joining “Park Rx Utah’s Park Rx Day Challenge” on the mobile app

4. Completing missions to earn points

Depending on how many points each team gathers, participants will have the opportunity to win prizes such as a Utah State Parks pass, a RTIC Cooler, hammocks, Backcountry and REI Gift Cards and much more. Winners will be announced online on April 26.

For more information about the challenge, visit ParkRxUtah.org.

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