Get into Nature for Better Health!

10 Free Apps
Ideas on where to go and what to do!

Explore!
- **Oh, Ranger! Park Finder** – Find a nearby public land! Includes forests, refuges, parks, and more. ✭✭
- **National Parks by Chimani** – Your travel guide, map, audio tour, and a whole lot more for parks around the country. ✭✭

Get Fit!
- **Every Body Walk!** – Acts as a pedometer to track time and distance on your walks, calculates calories burned, and saves your progress. ✭✭
- **AllTrails Hiking and Biking** – Follow guides or document your own walk, bike, or hike everywhere from forest trails to city neighborhoods. ✭✭

Discover!
- **Project Noah** – Document local wildlife as a citizen scientist! Users can go on missions to help gather data for real research projects. ✭✭
- **iNaturalist** – Upload photos of plants, animals, and their GPS locations to share with an online community of nature lovers. ✭✭
- **Creek Watch** – Monitor your local watershed. Report observations to local water control boards to help keep our streams clean. ★

❖ Compatible with Android ★ Compatible with iPhone
Have Fun!

- Seek ‘n Spell – Run through the park gathering virtual letters to spell words and gain points! Great for young kids, solo, or group play.

Be Safe!

- First Aid: American Red Cross – Find instructions to guide you through common first aid scenarios.
- Sunwise – Get daily forecasts of sun’s harmful radiation and ways to protect yourself.

Additional Resources:

- Children & Nature Initiative: Rx for Outdoor Activity
  Learn about connecting with nature for better health.
  www.neefusa.org/health/outdoor-activity

- Discover the Forest
  Get ideas of where to go, what to do, and how to make the most of your trip to the forest.
  www.discovertheforest.org

- Hands on the Land
  Network of field classrooms and resources to help connect with public lands and waterways.
  www.handsontheland.org

- Recreation.gov
  Discover America’s public lands. Search for places and activities near you.
  www.recreation.gov