

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 outdoors; 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** – Be a citizen scientist; upload photos of plants, animals & their GPS locations to share online. ❖★
- **Creek Watch** – Monitor your local watershed. Report observations to local water control boards to help keep our streams clean. ★

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** – Instructions to guide you through common first-aid scenarios. ❖★
- **Sunwise** - Get UV index forecasts and recommended precautions. ❖★

Additional Resources:

Children & Nature Initiative: Rx for Outdoor Activity

Learn about connecting with nature for better health.

neefusa.org/health/children_nature



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

