

Daily Dose of Nature

Explore nature with a visit to Open Space & Mountain Parks. Getting a daily dose of nature has been proven to:

- Create healthier, happier and smarter children.
- Increase creativity, self-confidence, academic achievement, and cognitive functioning.
- Reduce obesity, stress, depression and symptoms of ADHD.
- Foster a life-long appreciation for plants, animals, rocks, stars, and other elements of our natural world.

Did You Know?

While not a medical diagnosis, “Nature-Deficit Disorder” is a real term coined by Richard Louv, author of *Last Child in the Woods*, to describe the negative effects that children and communities experience when they don’t get to enjoy the outdoors. Here in Boulder, the solution is only as far as your front door. Exploring nature on Open Space & Mountain Parks can protect your child from Nature-Deficit Disorder.

Healing the broken bond between our young and nature is in our self interest, not only because aesthetics or justice demands it, but also because our mental, physical, and spiritual health depends on it.

– Richard Louv

For creative ways to get outdoors, visit:
www.bouldercolorado.gov/osmp/connect2nature

LEAVE NO TRACE ON OPEN SPACE & MOUNTAIN PARKS



Manage Your Dog

Others may not appreciate your dog’s company. If you are not sure, ask before allowing your dog to approach. Keep your dog nearby and under control. Carry and use a leash as required.

Pick Up Poop

Phew! Dog poop stinks, causes severe damage to the environment, and others can step in it. Pack a pick-up bag and always pick up your dog’s poop — wherever it’s left.



Stay on Trail

Traveling on trail leaves room for wildlife and their homes. Shortcutting trails causes erosion. Get muddy! Step right through puddles. Boots dry overnight; plants take years to recover.

Trash Your Trash

Please take out all trash — yours and others’. Even organic garbage such as orange peels, apple cores and food scraps, take years to break down. Animals which feed on trash often die!



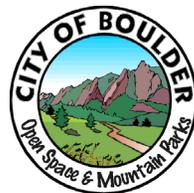
Leave It as You Find It

Picking flowers, collecting rocks, or picking berries may not seem to be a big deal, but it means others won’t have a chance to enjoy them. Millions of people visit Open Space & Mountain Parks. If each takes something, what will remain?



Share Our Trails

We all enjoy Open Space & Mountain Parks in different ways. Pay attention, expect to encounter others and be courteous. Yield to all.

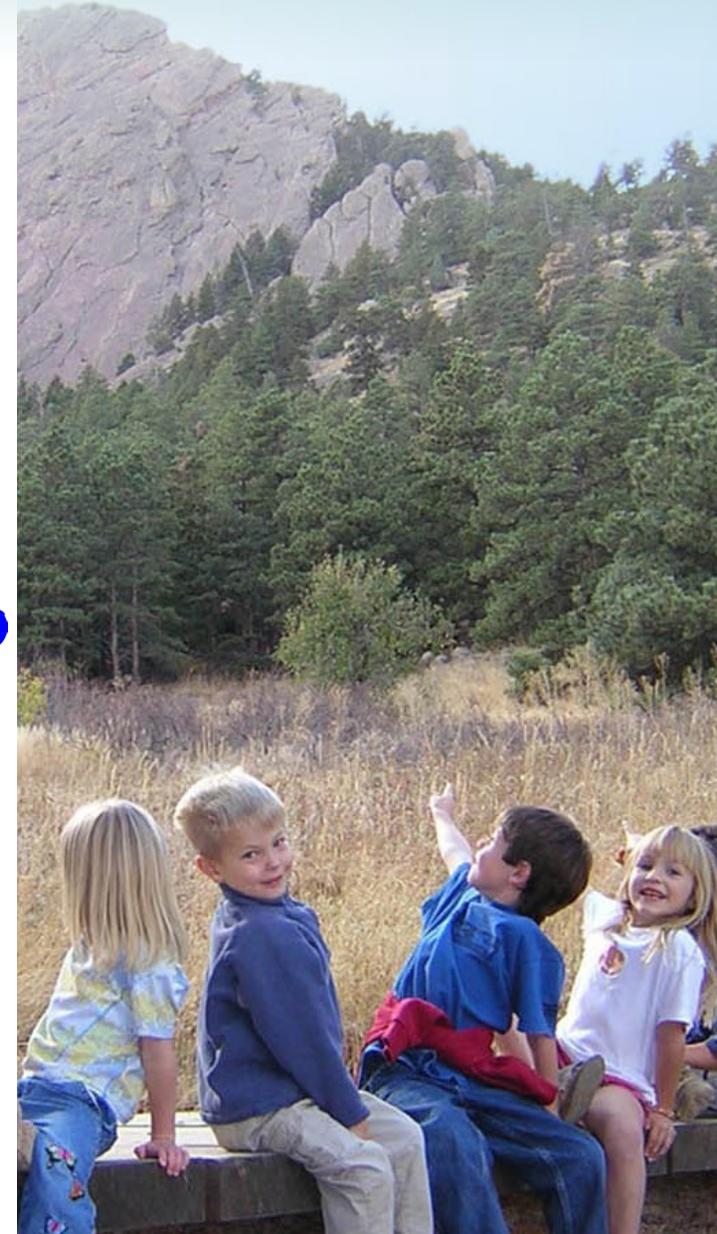


Open Space & Mountain Parks
www.osmp.org
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P.O. Box 791
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Produced with the help of Russ Sands, city of Boulder’s Water Quality and Environmental Services Department.



Connect Kids to Nature



ENJOY.

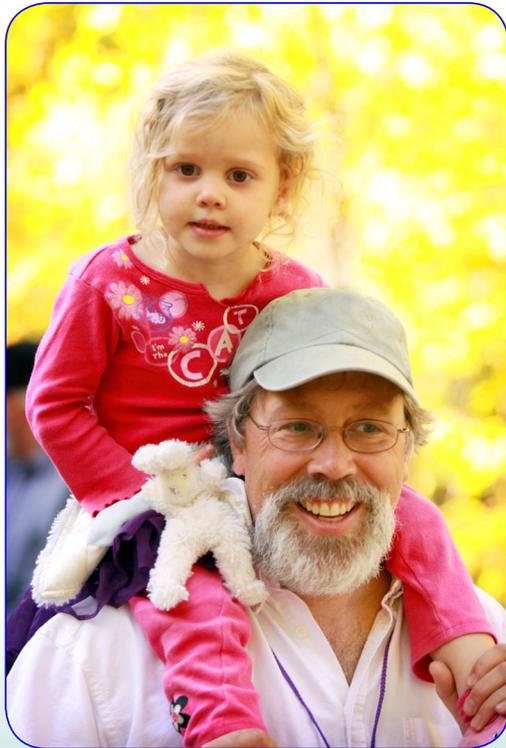


PROTECT.

Connect to Nature on Open Space & Mountain Parks!

No Child Left Inside

Turn off the TV and turn kids on to nature! Take advantage of the 45,000 acres that Open Space & Mountain Parks (OSMP) has to offer! Whether your child likes hiking, biking or simply exploring, everything you need to live a happier and healthier life is here in Boulder!



Raise “Boulder” Kids

Boulder was named the “best place to raise an outdoor kid” by Backpacker Magazine in 2009. The OSMP program has protected our treasured public lands for generations of kids to enjoy.

Make Fitness Fun

Exercise doesn't have to be a chore. Fitness can be fun when you turn a walk into an outdoor adventure. Studies show that we burn more calories and gain more benefits from exercising outdoors in the fresh air and sunshine.

Unleash Your Child's Creativity

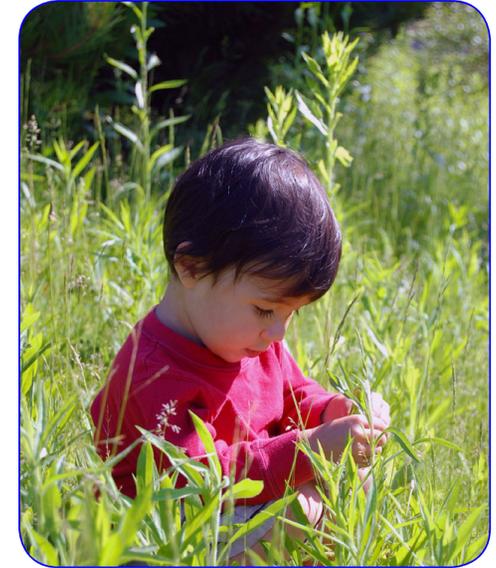
Kids have fun playing outside and taking in all the beauty of the plants and animals they see. Nature is inspiring, as evidenced by the children's artwork in this brochure and on our website. Head outside with some crayons or a digital camera to fire up your kid's imagination!



More great ideas for outdoor fun at :
www.bouldercolorado.gov/osmp/connect2nature

Nature Engages the Brain

Nature provides real hands-on learning, whether it's learning about the water cycle or about seasonal change. Studies show that the experience provides lasting benefits that help children do better in school, retain more information, and think more creatively.



Build Relationships

Children who are more involved with nature learn to better connect to the environment, to family and to friends. Spending time in nature can actually strengthen family bonds and improve social skills.

