

Benefits of Exercising in Nature

- Improves concentration and creativity
- Positive affects on blood pressure and cholesterol
- Reduces stress and feelings of depression and anger
- Fresh air has more oxygen
- Increases feeling of well-being and self-esteem
- More sensory stimulation
- Increases Vitamin D levels and helps optimize hormones



**North Little Rock
Parks and Recreation**

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Come and use some of our: 30 miles of shared use trails (paved and natural surface); or several scenic spots for yoga and other small group fitness; or 4 fitness trails; and more...



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