

Nature and Wellness

Nature's beauty can be a therapeutic treatment. Studies have shown that exposure to nature can reduce the risk of high blood pressure, coronary heart disease and cardiovascular illnesses, restore well-being, relieve stress, boost your immune system, and improve your mental health. Connecting with nature as a community can help improve the overall health and social well-being of your municipality.

Hiking – Plan a day when the weather is nice to take a walk on a nature trail near you. Create a “Hike With the Mayor” program to help your community connect with nature. Walking has many health benefits, such as reducing stress and risk of high blood pressure, that you can use to advertise your event.

Cycling – Plan a weekly or monthly cycling group incorporating nearby trails in your route. Invite all members of the community to join a “Bike With the Mayor” event.

Kayaking – Take advantage of a nearby lake, river or canal to take your community out for a fun day of kayaking. Kayaking is a great exercise that can be enjoyed by people of all ages. Partner with a local kayak rental agency and book multiple events for a “Kayak With the Mayor” day.

Get the Word Out! – Make posters or flyers, post on social media, send out e-mails and tell your local community centers, senior centers, and schools about your nature events. This will get people excited and involved. Track attendance to keep track of how many people participate.

Resources –

[New Jersey Trails](#)

[D&R Greenway Land Trust](#)

[New Jersey Conservation Foundation](#)

[For Exercise, Nothing Like the Great Outdoors](#)

MWC Success Stories:

Bay Head hosts an annual Sunset Paddle on Twilight Lake as part of its Go Bay Head Mayors Wellness Campaign. Residents are invited on the first Sunday of every month throughout the summer to join a community paddle on the lake with Mayor Bill Curtis. Residents can bring their kayak, canoe or paddle boards and join Mayor Curtis on a community paddle. Bay Head also encourages residents to join and support nature with the Spring Clean-Up of Bay Head where volunteers help clean up the local watershed. Bay Head residents are actively supporting and using the natural resources around them to live a healthy lifestyle.



Mayors Wellness Campaign
Put your community in motion.