Researchers at the University of Colorado at Boulder and the University of Denver found in a 2014 study that 6 year olds who spend more time in unstructured play showed more signs of strong executive functioning and decision-making skills. Those skills are supportive of strong social relationships, which have been linked to academic success throughout a student’s school career.

A recent survey from the University of Minnesota found that over half of the parents with children under the ages of 12 believe that today’s children have fewer opportunities for play than did children twenty years ago. This even though parents recognize the value of play; 92% of mothers and 84% of fathers surveyed considered play and creativity of similar importance to academics and critical thinking. (Vaisarova, 2017)

Play gives children a chance to practice what they are learning. Fred Rogers

The estimated annual health care cost of obesity related conditions is $190 billion; 21% of overall spending. Childhood obesity is estimated at $14 billion in direct medical costs.

Leisure-time physical activity is recommended by the CDC as an antidote to overweight and obesity.

PHIT America, a nonprofit dedicated to increasing activity among Americans, has a list of 40 Fun Ways to be Physically Active.


OSHA reports that stress is a workplace hazard costing American industry more than $300 billion annually while 75% to 90% of all visits to doctor visits are related to stress-related ailments (webmd.com/balance/stress-management).

Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. It may even reduce mortality, according to scientists such as public health researchers Stamatakis and Mitchell.

Take a quiet walk with Mother Nature. It will nurture your mind, body, and soul. Anthony Douglas Williams