

STAY HEALTHY IN NATURE EVERY DAY

# SHINE™

## JOURNAL



FOSTERING HEALTHY, ACTIVE PEOPLE  
IN THE EAST BAY REGIONAL PARKS

Partners & Funders



This SHINE journal belongs to:

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Our parks are here for us to enjoy and share  
with our families and friends.

Every day they offer gifts to those who visit.

They give the gift of wonder, the gift of  
solitude, the gift of freedom and of peace.

And the most amazing thing about our parks  
is that they belong to all of us.

So go ahead.

Open your gift.

And **SHINE**.

In memory of Charles Woodard, MD.  
A pediatrician dedicated to children and to nature.

*This manual was written by Nooshin Razani, MD  
for the SHINE study, with input from Carmen Bogan.*



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Spending time in nature,  
whether it's hiking,  
picnicking,  
or just watching the clouds  
can improve your physical health,  
reduce stress,  
and create a greater overall sense  
of well-being  
for you and your family.



Take a walk in  
nature to keep you  
active and strong.

Relax in nature to reduce  
stress and anxiety and  
increase your sense  
of well-being.



Spend time with families  
and friends in nature and  
reduce loneliness.

Develop a sense of wonder  
in nature and make  
your mind sharper.

# SHINE

## What is Physical Activity?

**Physical activity means moving your body to improve your health. Here are the U.S. government's guidelines for children and adults**

### Recommendations for adults:

All adults should be active. Even a little activity is better than none. So, get at least 2 ½ hours a week of moderate exercise.

### Recommendations for children:

- Children and teenagers should do one hour or more of physical activity daily.
- Young children can engage in physical activity through playing outdoors.

### Health benefits of physical activity:

- Reduces the risk of high blood pressure.
- Promotes psychological well-being.
- Lowers cholesterol, type 2 diabetes, stroke, some cancers.
- Reduces feelings of depression and anxiety.
- Keeps bones, muscles, and joints healthy.
- Helps prevent weight gain.



### Physical activity safety tips:

- Dress comfortably for the weather.
- Wear sunscreen and a hat.
- Wear the right shoes for your activity.
- Drink plenty of water.
- Don't overdo it; build up gradually to more strenuous activity.
- Warm up before activities like hiking, walking, etc.
- Cool down and stretch after physical activity.
- Stop if you feel pain or dizzy.
- If you are unsteady on your feet, stay on even surfaces.

## WHAT IS LIGHT, MODERATE, AND VIGOROUS ACTIVITY?

**Light:** light walking on a trail, easy gardening, light dancing, stretching. With light activity, you will feel warm with a very slight increase in breathing. You will be able to talk, laugh and sing.

**Moderate:** brisk walking on a trail, bicycling, swimming, dancing, hiking, etc. You will feel warmer and begin to perspire. Faster breathing. You will be able to talk without being out of breath.

**Vigorous:** running or jogging on a trail, playing soccer or basketball, fast swimming, fast dancing, fast biking, etc. You will feel quite warm with fast breathing. Your heart rate will be high. You will be able to talk a bit but no singing here!

**Just walking and playing at the park can give you the positive results of light, moderate, and vigorous activities.**

# SHINE

## How Do You Find Nature Near You?

*Nature is all around you – in your backyard, in your neighborhood.*

### Find a park:

Visit East Bay Regional Park District (EBRPD): [www.ebparks.org](http://www.ebparks.org)  
Or call: 1-888-327-2757

Visit Oakland Parks and Recreation: [is.gd/oaklandparks](http://is.gd/oaklandparks)  
Or call: 510-238-7275.

### Find a park program and bring your family:

- Free weekend programs and activities year-round at Crab Cove Visitor Center in Alameda and at Tilden Nature Area Visitor Center, Berkeley.
- Calendar EBRPD: [www.ebparks.org/calendar](http://www.ebparks.org/calendar)
- Calendar Oakland Parks and Recreation: [is.gd/oaklandparks](http://is.gd/oaklandparks)

### Prepare:

- Plan where you are going and how long it will take.
- Tell someone where you are. What important medications do you need to take with you? (such as allergy and asthma medicines)
- Stay with a buddy.
- Pay attention to where you are and where you are going.
- If you feel faint or have pain in any part of your body, sit down and tell someone.

### You don't need fancy gear or special clothes but:

- Bring a jacket to protect yourself from wind and cold.
- Wear a hat and sunscreen.
- Wear shoes that you don't mind getting dirty.
- Bring water.

*The East Bay is home to dozens of beautiful parks.  
We invite you to explore them all!*



### Transit Options:

For more transit options, go to [511.org](http://511.org).  
To learn more about our East Bay parks, go to [www.ebparks.org](http://www.ebparks.org) or call (888) EBPARKS.

\*Routes start From UCSF Benioff Children's Hospital, 5220 Claremont Ave., Oakland.

#	Park, Location	AC Transit Route*	Fun Activity
1	Point Pinole Richmond	From Richmond Bart, Line 71	Go fishing at the pier
2	Tilden Berkeley hills	Weekdays Line 1 to 65 then walk in. Weekends Line 1 to 67 to carousel.	Ride the carousel
3	Lake Temescal Oakland	Bus 1 to 57 to CB up Broadway Terrace or walk from Rockridge BART	Go swimming
4	Redwood Oakland hills	Line 1 to Line 39	Walk among the redwood trees
5	Crown Beach/ Crab Cove, Alameda	Line 1 to Line 20	Build a sand castle
6	MLK Jr. Shoreline Oakland waterfront	Line 1 to Line 98	Watch the birds
7	Lake Chabot Castro Valley	Castro Valley BART to Line 48 to NX4	Rent a pedal boat
8	Dover Street Park Oakland	AC Transit Line 18 or walk 5 blocks from hospital	Play on the swings
9	Mosswood Park Oakland	AC Transit Line 12 to 51A	Shoot some hoops
10	Lakeside Park Oakland	AC Transit Line 12	Walk around the lake



# SHINE

## What to Do While You Are Out in Nature?

Relax, laugh, dance, picnic, hike, explore, discover, wonder at nature, enjoy moving your body, hang out with friends and family.

Tell stories, share your experiences in nature.

Get to know your heritage – ask an elder for stories about their culture and the place they come from.



## Feel Nature.

*Tune into yourself and to your surroundings:*

Close your eyes.

What do you hear?

Take a deep breath.

What do you smell?

What do you feel on your skin?

Open your eyes.

What do you see?

Connect.

Share.



Experiencing each moment  
is important. Such moments  
are best experienced  
without a camera.

Follow your child's lead  
and explore,  
talk, play, sing,  
with the things  
they show interest in!

# SHINE

## Strategies for Hiking with Children, Youth, and Older Adults

### Age 6 months to 2 years



- Keep little ones engaged. Talk or sing.
- Show them how to use their senses.
- Touch leaves, rocks, grass, etc.
- Show them how to listen to the sounds of nature.
- Emphasize concepts they are learning such as size, color, counting.
- Point out sights such as BIG trees and TINY green blades of grass, clouds, birds, etc.
- Sit quietly, hold them close, and allow them to enjoy stillness with you.
- Allow them to walk on different surfaces like grass, dirt, or pebbles.

### Age 3 to 5



- These are the years of magical thinking and fantasy. Children are learning important skills in social and emotional development through fantasy play.
- Allow nature to play a part in their blossoming imaginations and creativity – a pile of leaves, a downed log, varied textured rocks can give opportunity for much imaginary play and exploration.
- Take their lead and explore, talk, sing and play.
- Children are becoming more mobile and verbal during this time – it's a very important time in their development. They want to explore and learn about everything.
- Physical activity may not always be linear, but rather come as bursts of play. If you follow their lead in play, moving and being active will be more fun for your preschooler.
- They are just learning how to hop, climb, swing, balance during this time and will enjoy exploring their physical range.

### Age 7 to 12 years

- Play activity games in the park.
- Ask them questions about what they see and notice.
- Ask them how different activities in nature make them feel, i.e. when running, when sitting still.
- Point out and name trees, animals and other sights.
- Model a sense of wonder at nature.
- Encourage them to explore.
- Point out sights that they may not see at home.
- Sit quietly, listen to the sounds of nature and enjoy stillness.
- Bring a friend along.



### Age 13 to Adult

- Play activity games in the park.
- Challenge them physically – climb a hill, walk a mile.
- Walk quietly side by side.
- Model a sense of wonder at nature.
- Encourage them to explore the park.
- Point out sights that they may not see at home.
- Listen to the sounds of nature.
- Sit quietly and enjoy stillness.
- Point out how it feels to release tension in nature.
- Show them how to care for nature. Participate together in coastal clean up or tree planting.
- Tell them stories about your own experiences in nature and lessons learned.
- Don't judge.
- Keep lines of communication open.



### Elderly

- Share personal stories about experiences in nature
- Hold hands.
- Walk side by side.
- Laugh together.



# SHINE

## How Much Nature do I Need?

### Make Your Personalized Outdoor Physical Activity Goal

1) Do you have memories in nature? What is your favorite?

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2) Do you spend time outdoors? ☐ Everyday \_\_\_\_ times a week.

3) Where?

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4) What outdoor activities do you already do?

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5) Do you have any health limitations?

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6) What are your barriers to outdoor activity? Circle one:

☐ Time ☐ Transportation ☐ Safety ☐ Expense

☐ Unfamiliarity ☐ Other \_\_\_\_\_

7) What kind of physical activity will you do outdoors?

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### Now, chose a realistic goal for each upcoming week.

Ideally, you should be outdoors at least one hour a day,  
and physically active five days a week.

Enter your personalized goal in the chart on each upcoming week.

## Weekly Check-Ins



Follow-up appointment #1

Date: \_\_\_\_\_

Follow-up appointment #2

Date: \_\_\_\_\_



# Physical Activity Notes

# WEEKLY CHECK-IN

**Week of (date):**

On the chart below, for each day fill in the number or steps you took (see your pedometer) and simply describe your activities throughout the day and the number of minutes you were active. Be sure to record your park visits!

My Physical Activity Goal:

My nature goal: (example two park outings this week)

16

SHINE	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Steps Today							
Park Name Visited							
Park Location(s)							

## WZHS

## Week One Reflections

**Did you remember to:**

Drink water to stay hydrated? Yes ☐ No, but I will ☐

Eat fruits and vegetables?    Yes ☐    No, but I will ☐

Avoid sugary drinks? Yes ☐ No, but I will ☐

What sights did you notice? \_\_\_\_\_

17

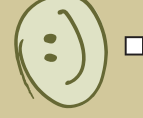
What sounds did you hear?

Who did you spend time with?

What did you feel? \_\_\_\_\_

**Here is some space to draw or write.**

## How do you feel?



On the chart below, for each day fill in the number or steps you took (see your *pedometer*) and simply describe your activities throughout the day and the number of minutes you were active. Be sure to record your park visits!

My Physical Activity Goal:

My nature goal: (example two park outings this week)

SHINE	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Steps Today							
Park Name Visited							
Park Location(s)							

Did you remember to:

Drink water to stay hydrated? Yes ☐ No, but I will ☐

Eat fruits and vegetables? Yes ☐ No, but I will ☐

Avoid sugary drinks? Yes ☐ No, but I will ☐

How do you feel?



What sights did you notice?

What sounds did you hear?

Who did you spend time with?

What did you feel?

Here is some space to draw or write.

On the chart below, for each day fill in the number or steps you took (see *your pedometer*) and simply describe your activities throughout the day and the number of minutes you were active. Be sure to record your park visits!

My Physical Activity Goal:

My nature goal: (example two park outings this week)

20

SHINE	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Steps Today							
Park Name Visited							
Park Location(s)							

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Did you remember to:

Drink water to stay hydrated? Yes ☐ No, but I will ☐

Eat fruits and vegetables? Yes ☐ No, but I will ☐

Avoid sugary drinks? Yes ☐ No, but I will ☐

How do you feel?


☐

☐

☐

☐

☐

What sights did you notice? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

21

What sounds did you hear? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Who did you spend time with? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What did you feel? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Here is some space to draw or write.

On the chart below, for each day fill in the number or steps you took (see your *pedometer*) and simply describe your activities throughout the day and the number of minutes you were active. Be sure to record your park visits!

My Physical Activity Goal:

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My nature goal: (example two park outings this week)

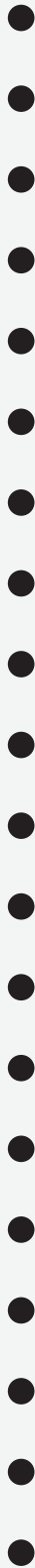
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22

SHINE	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Steps Today							
Park Name Visited							
Park Location(s)							



Did you remember to:

Drink water to stay hydrated? Yes ☐ No, but I will ☐

Eat fruits and vegetables? Yes ☐ No, but I will ☐

Avoid sugary drinks? Yes ☐ No, but I will ☐

How do you feel?


☐

☐

☐

☐

☐

What sights did you notice? 

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23

What sounds did you hear? 

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Who did you spend time with? 

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What did you feel? 

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Here is some space to draw or write.



On the chart below, for each day fill in the number or steps you took (see *your pedometer*) and simply describe your activities throughout the day and the number of minutes you were active. Be sure to record your park visits!

**Week of (date):**

My nature goal: (example two park outings this week)

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A vertical bar chart with two columns of dots. The left column is white and the right column is yellow. Each column has 20 dots, representing a total of 40 dots.

**Here is some space to draw or write.**

On the chart below, for each day fill in the number or steps you took (see *your pedometer*) and simply describe your activities throughout the day and the number of minutes you were active. Be sure to record your park visits!

**Week of (date):**

My nature goal: (example two park outings this week)

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A vertical bar chart consisting of two parallel vertical bars. The left bar is white and the right bar is yellow. Each bar has 20 black dots arranged vertically, one above the other. The dots are evenly spaced and aligned horizontally between the two bars.

**Here is some space to draw or write.**

# JOURNAL

