

Medical Home's Backyard

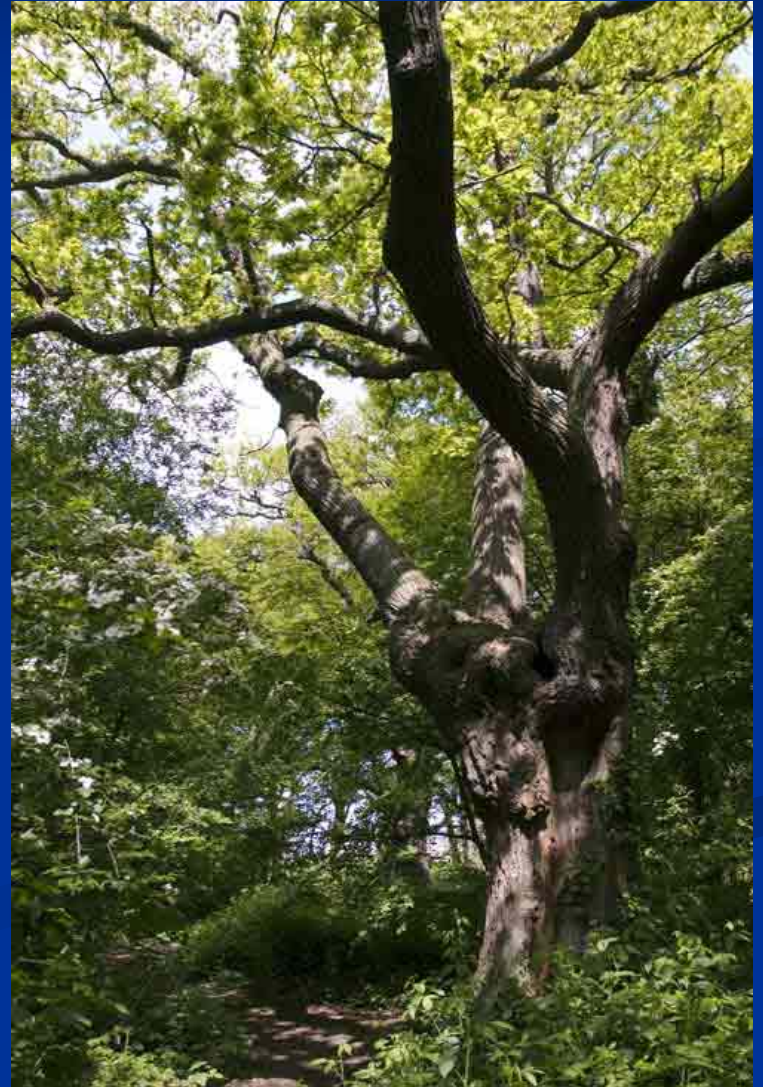
Nature. Play. Health



Mark Cucuzzella MD FAAFP
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World Health Organization

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.



What is Nature?

**What Does Your Backyard
Look Like?**

What is Play?

Play -Stuart Brown MD

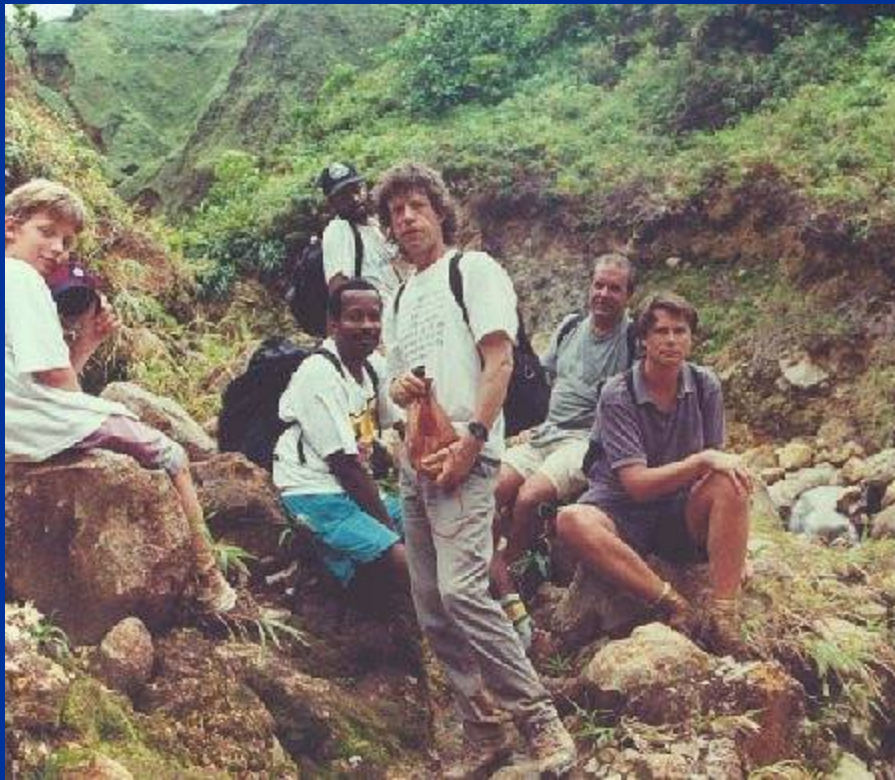
- “Play (*by definition*) is purposeless and all consuming. And most important its fun.”
- It is disconnected from outcomes
- Maybe nature (*by definition*) is where play occurs?
- So how do we reconnect people to nature?

“What is the opposite of Play?”

- Work?

-Depression

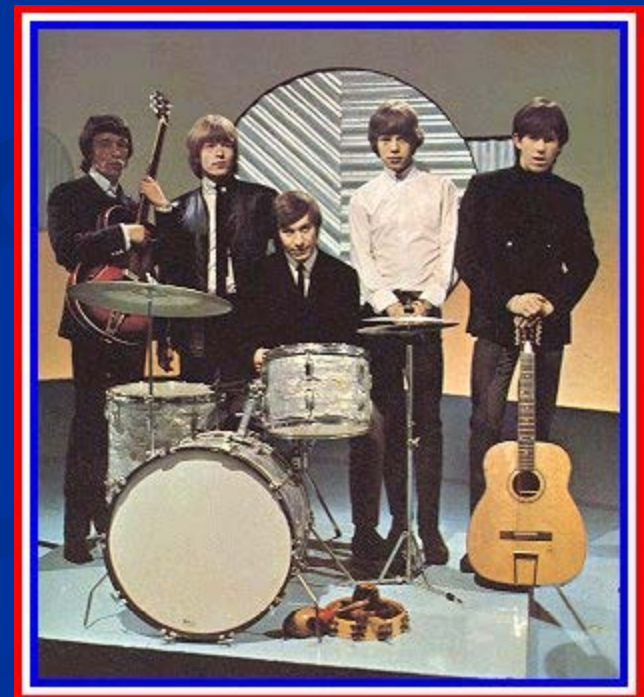
Living Proof that Play can make up for other bad habits- the Stones



Mick on a hike



40 yrs later



Play is the process. Fitness is the product. George Sheehan



Brain Science Nature and Play

- In every walk with nature one receives far more than he seeks. -John Muir



Tiger on the Trail

A photograph of three young women standing on a trail in a wooded area. The woman on the right is leaning against a tree trunk, wearing a grey sweatshirt with a graphic that says "it's the most wonderful time of the year" and blue pants. The woman in the center is wearing a white cardigan over a black top and black pants with "SOUTHERN" written vertically on the side. The woman on the left is wearing a tan sweater and brown pants. In the background, there is a signpost with a red jacket hanging on it, and another person is partially visible behind it. The sky is blue with some clouds, and the ground is covered with fallen leaves.

2007-12 School Years

3000 students

10000 miles of trail

Play as if Your Life Depends on It

Frank Forencich



Explore Your Interests



1 Daniel Cota
2 Austin Walker
3 Sam Wright
4 Corey Williams
5 Quincy Myers
6 Graham Wells
7 Bobby Larson
8 Cameron Wadley
9 Levi Rowan
10 Troy Haffner
11 Seth Wright
12 Travis Mabe
Manager: Jeremy Johnson
Coaches: Henry Jones, Keith
John Brown

Purposeless

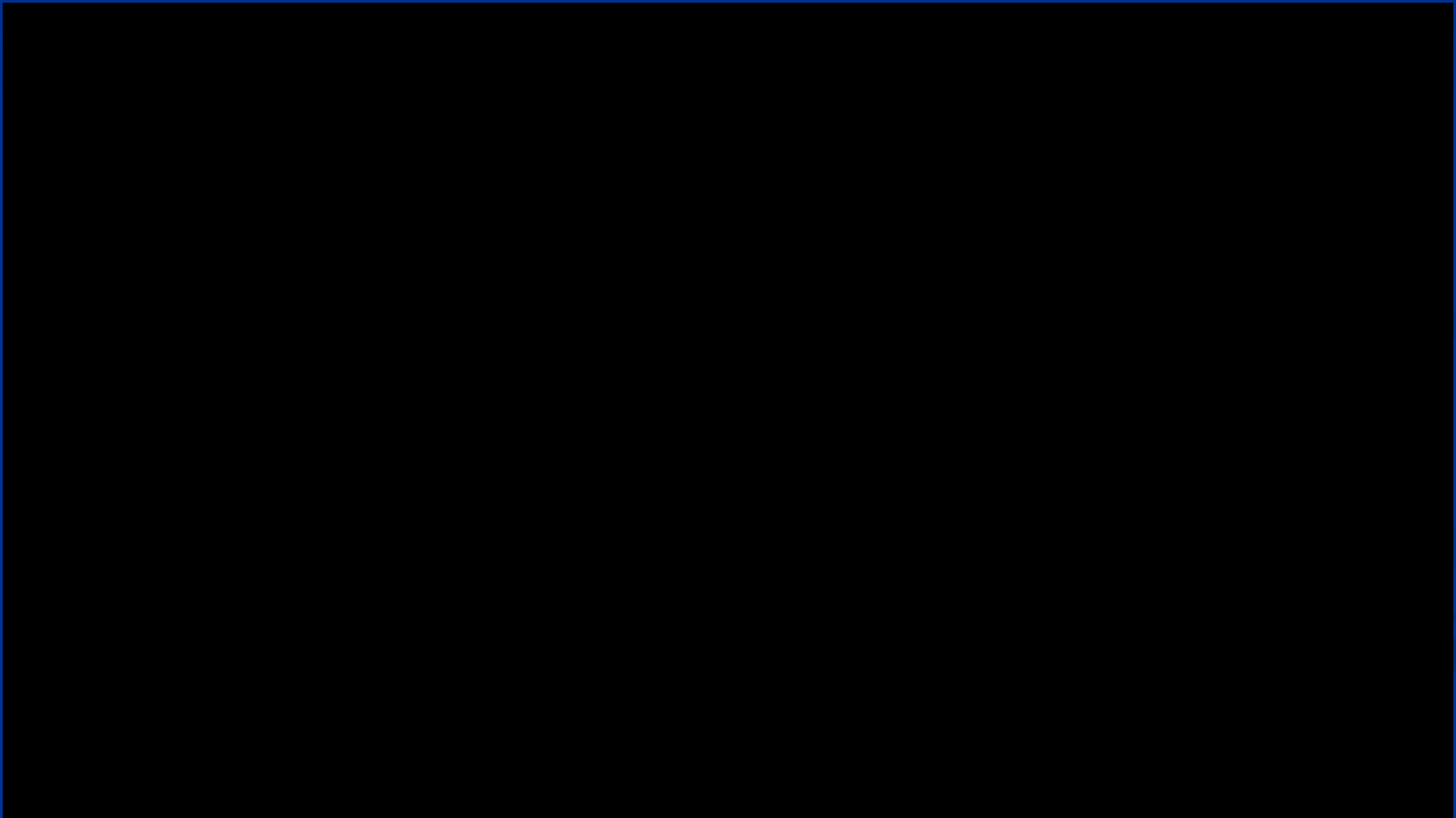


Play is being engineered out of our lives



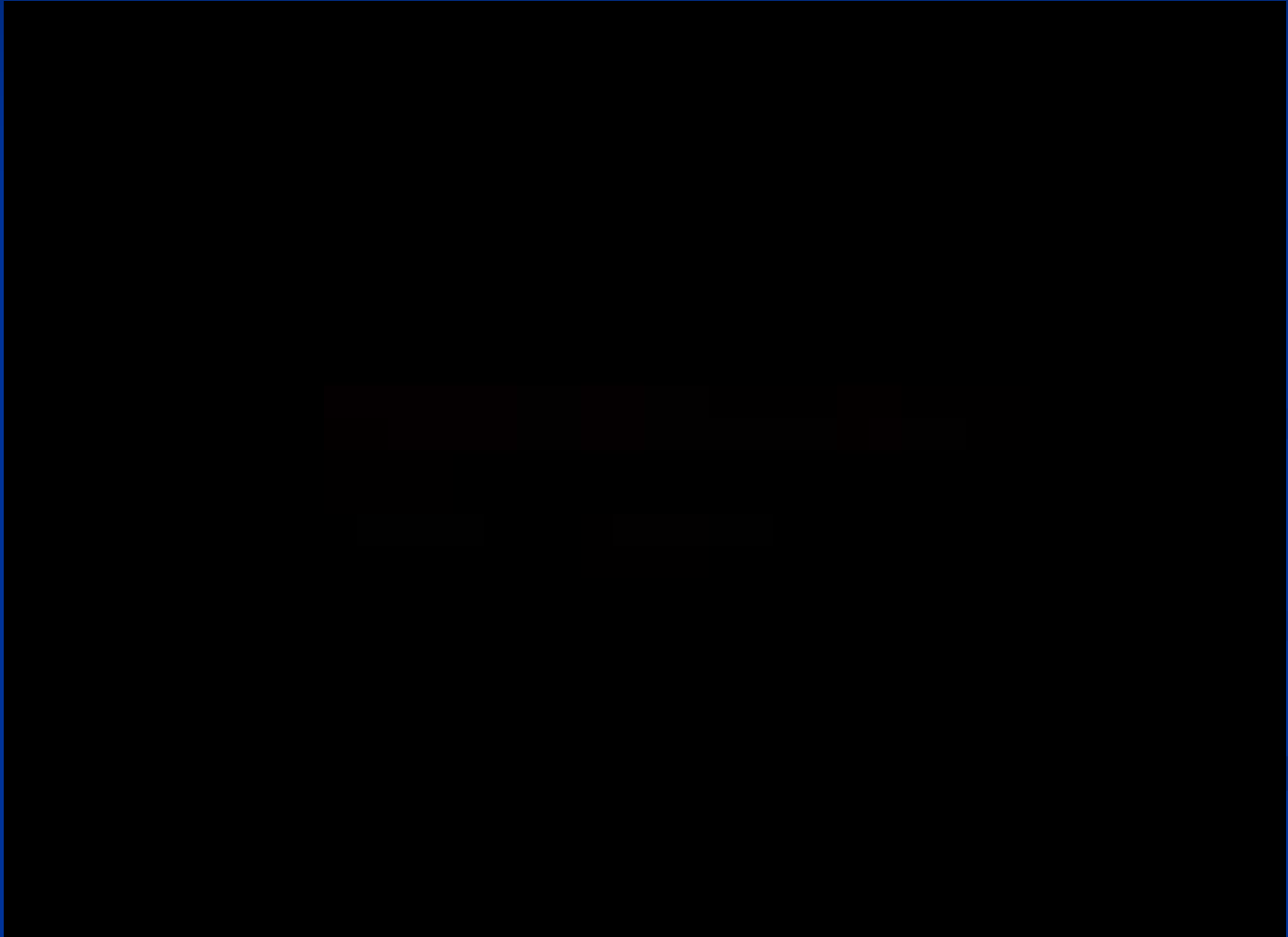
Scott Jurek and Tarahumara Champion Arnulfo Quimare
Copper Canyon Mexico 2006
image CC10

Man is most nearly himself when he achieves the
seriousness of a child at play.
Heraclitus Greek philosopher



A child loves his play, not because it's easy,
but because it's hard.

Benjamin Spock





Me age 13 (#110) at 1980 Columbia MD Half Marathon.

This group of 4 13yo friends all ran under 1:25. My brother age 11 (#111) ran 1:30.

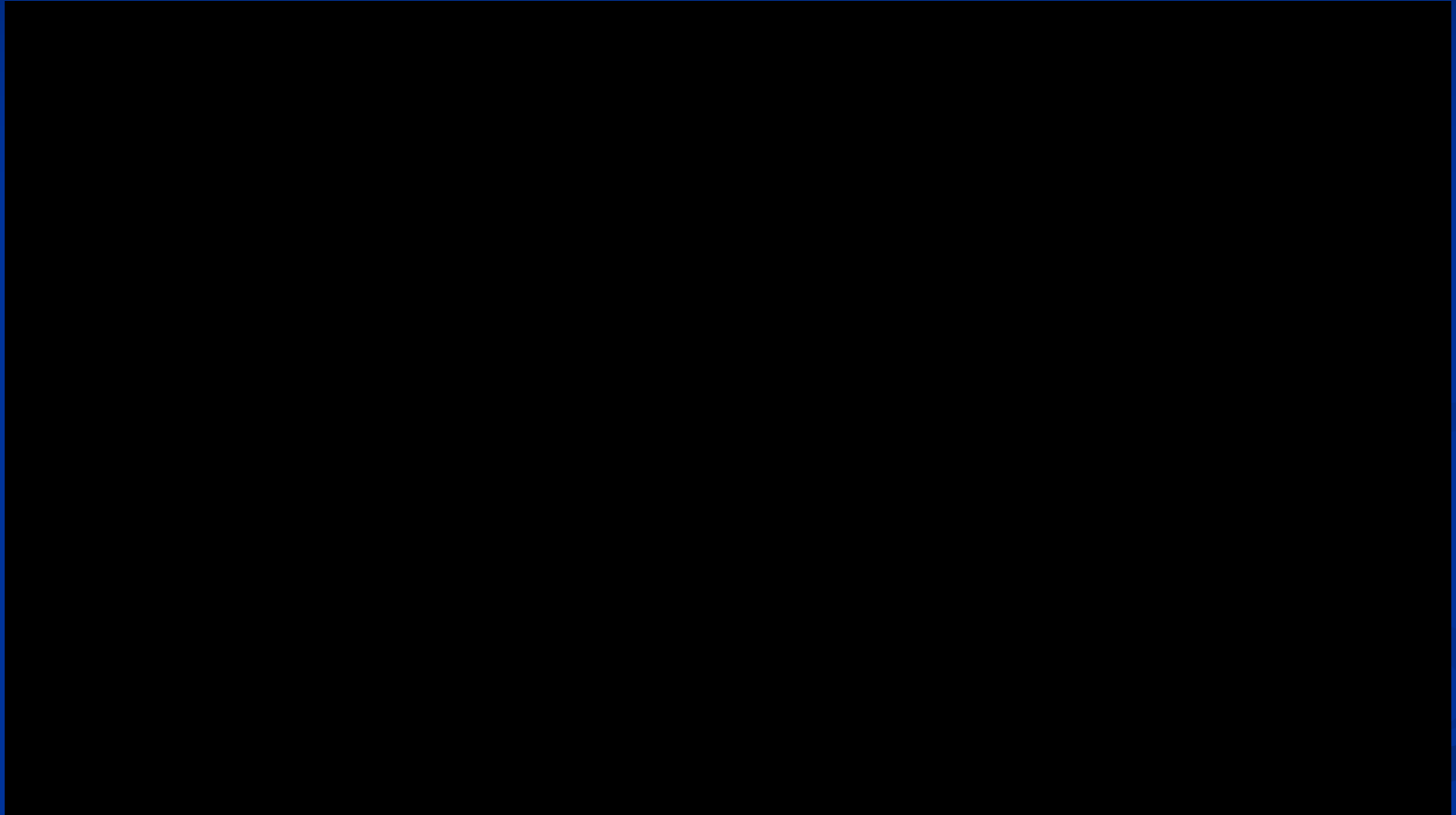
This was NOT considered dangerous or extreme behavior.

Life must be lived as play.

Plato

What's Your Monkey Bars?

**Play fosters belonging and encourages
cooperation- Stuart Brown MD**



Opportunity for All

WVU Hospitals-East & WVU Health Sciences Center-Eastern Division

PRESENT

FREEDOM'S RUN

★ ★ AN EVENT FOR HEALTH & HERITAGE ★ ★

OCTOBER 13TH 2012

MARATHON • HALF MARATHON • 10K • 5K • KIDS FUN RUN

HOME

HISTORY

REGISTER

KIDS RUN

COURSE

FAQ

TRAINING



26 miles through 4 National Parks

The Freedom's Run Marathon Comes to Life to Celebrate History, Community Health, And the Soul of Running through Our Four National Parks - Harpers Ferry National Historical Park, the Chesapeake and Ohio Canal National Historical Park, Antietam National Battlefield, and the Potomac Heritage Trail.

[More about the Freedom's Run...](#)

SPOTLIGHT

RACE RESULTS

TRAINING

Building the Fitness Trail- Page Jackson Elementary School



“Roots to Shoots” SES Garden



SES Fitness Trail



The Promise of Place Based Learning

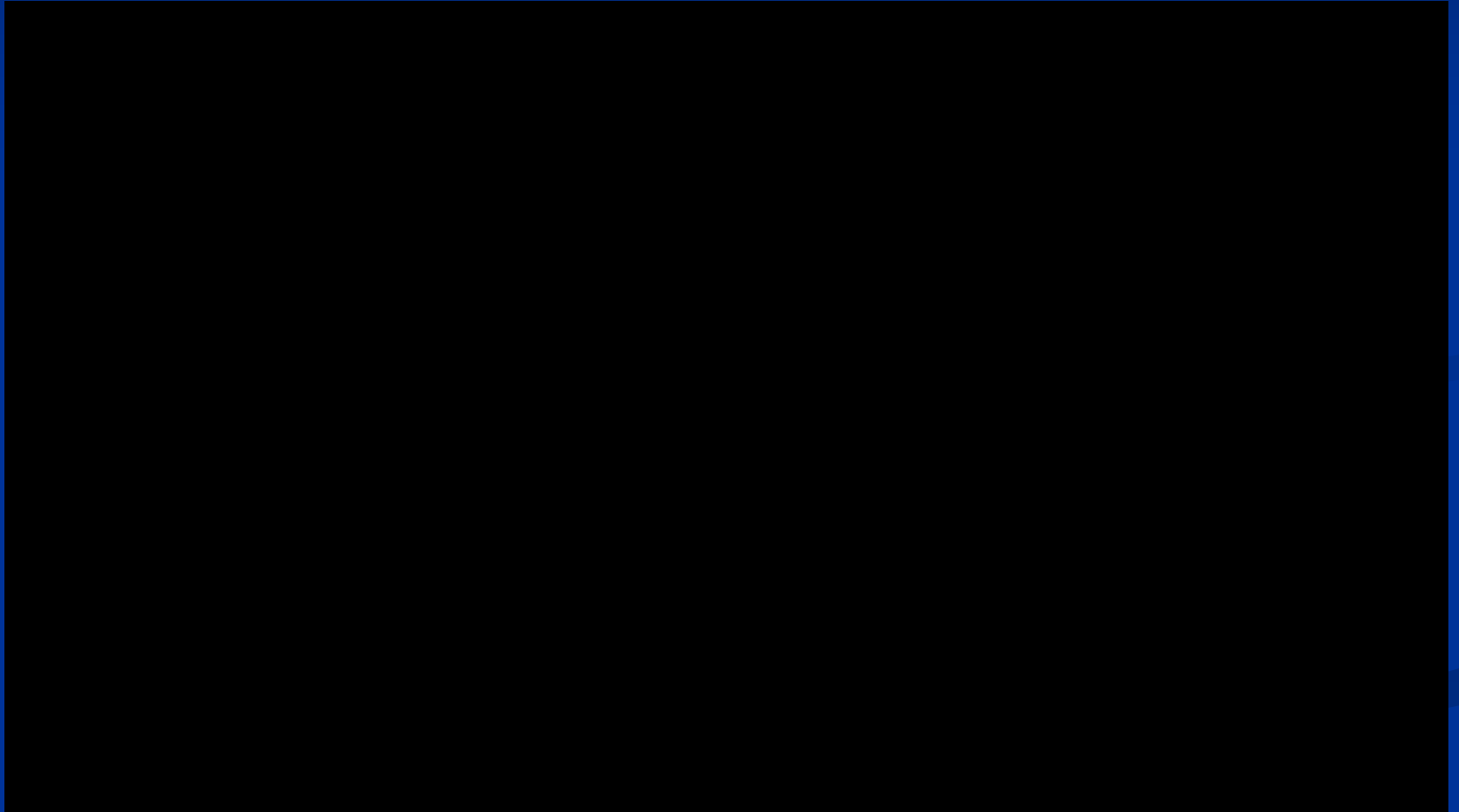
“To say this is my
home and I care
enough about it is
the essence of
citizenship”

Peter Forbes

Trust for Public Land

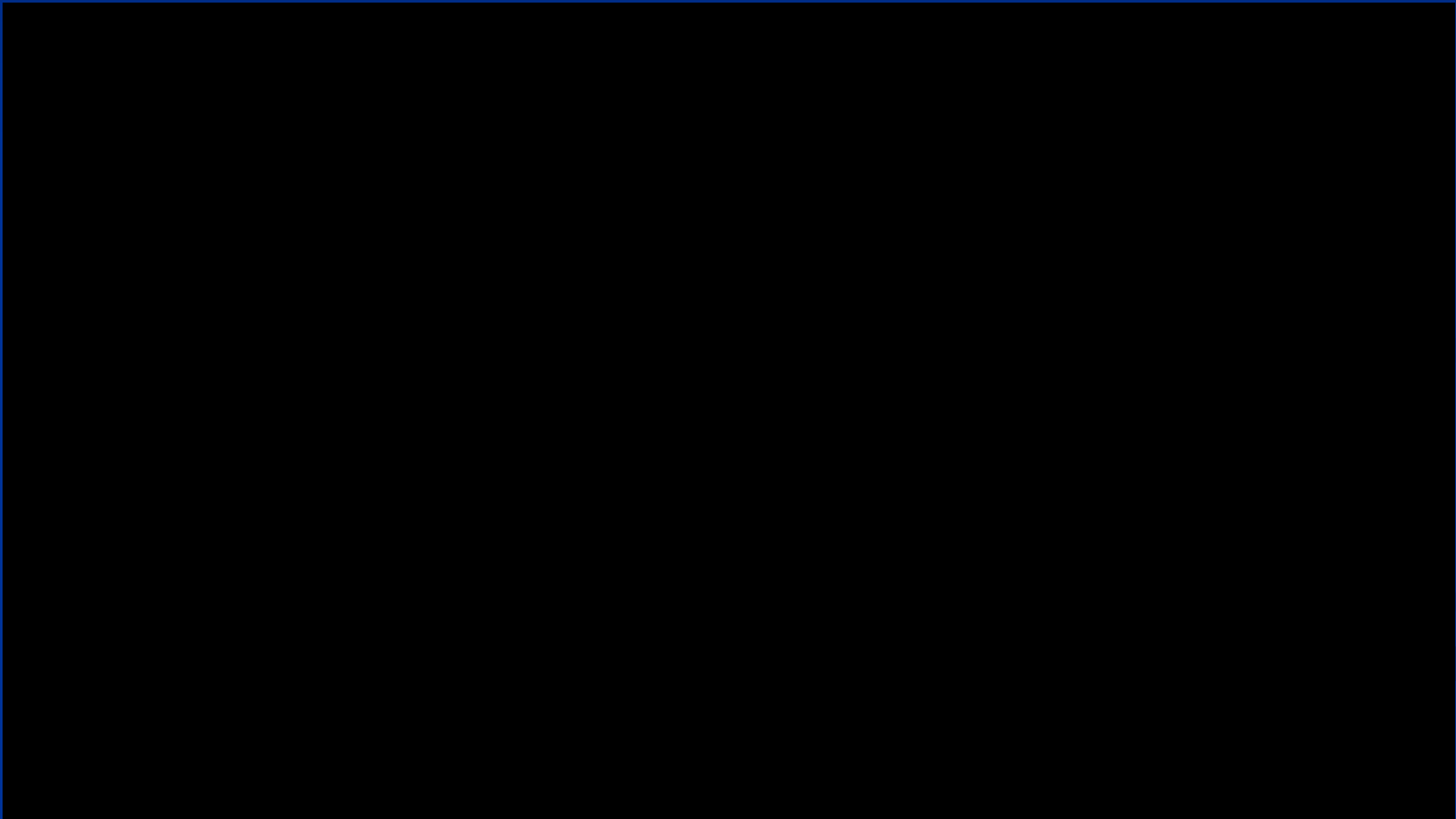


Just play. Have fun. Enjoy the game.
Michael Jordan



Play is hard to maintain as you get older. You get less playful. You shouldn't, of course.

Richard Feynman



Play Deficiency Disorder?



- Quiet
Please.....look
and listen

This is You Change Agents

“Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it’s the only thing that ever has.”

Margaret Mead