

# Enough Outdoor Time? *Think again.*

Opinions and behaviors adults in the United States have around getting outdoor time on a regular basis

## Getting Outdoors

Nearly three in ten U.S. adults do not spend time outside daily.

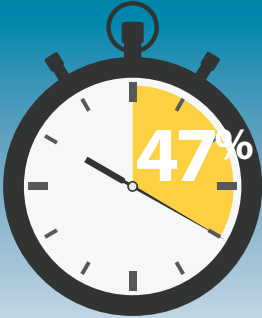


28%



## Time Spent Outdoors

Of those adults heading outside, quick jaunts are popular.



30 or minutes or less



At least 30 minutes



More than 60 minutes

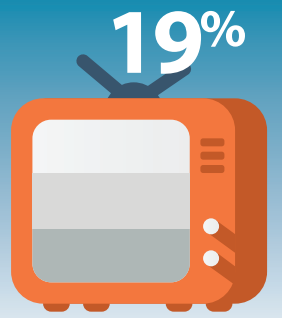
## What's Getting in the Way of More Outdoor Time?



Work



Computers/Tablets/Smartphones



Watching TV

## Give it Up!

What adults are willing to give up or do less of to get more time outdoors.

Watching TV



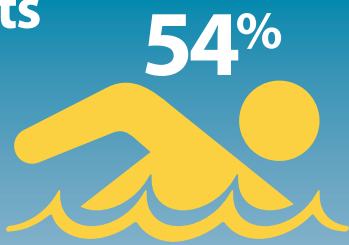
Time on Computer/Tablet



Smartphone



## What Adults Like to Do Outside



Getting active through sports, exercise, play



Experiencing nature



Hanging out, spending time with family, socializing, festivals

PARK & RECREATION MONTH

JULY 2014

 National Recreation and Park Association



**About the Survey:** Ipsos online poll conducted May 2-5, 2014, with a national sample of 1,005 adults aged 18 and older, including 991 who typically go outside at least once a week. Access the survey findings at [www.nrpa.org/july](http://www.nrpa.org/july). #JulyOUTisIN.  
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