

# Essential Eligibility Criteria

## Paynes Prairie Preserve State Park **Walk for Wellness**

In order to participate in this program, one:

- Must have the ability to follow visual and/or verbal instructions independently or with the assistance of a companion.
- Must have the ability to withstand exposure to the outdoors for a period of up to 2 hours.
- Must have the ability to walk on a hiking trail with some moderate inclines and declines for 2-3 miles independently or with the assistance of a companion.



**FLORIDA**  
**State Parks**  
*...the Real Florida*<sup>SM</sup>

