



July is National Park and Recreation Month

Leading the nation to improved health and wellness through parks and recreation.

America continues to feel the strain of a serious health crisis affecting adults and young alike. One in which we are plagued by poor nutrition, sedentary lifestyles, and unhealthy habits. But there is a solution with little to no cost and is available in nearly every town, city and community – local parks and recreation.

The scientific evidence is mounting that parks and recreation are building healthier communities and top health officials in the country – U.S. Health and Human Services, Centers for Disease Control and Prevention – validate that parks and recreation are a critical solution for our nation's health epidemic.

Parks and recreation are enacting strategies focused on improving access to healthy food, increasing opportunities for physical activity, decreasing tobacco consumption, and so much more. The solutions they provide are making a real difference, like in Montgomery, AL, where leadership by the park and recreation agency has helped reduce the rate of obesity from 34 to 30.9 percent, taking the county from the Most Obese in 2010 to 15th in 2012.

This July, discover the power of play and adventure. For children and adults, play is a vital part of our mental wellbeing, physical health and personal interactions. During Park and Recreation Month, NRPA is challenging everyone to get their play on with their local parks and recreation. Whether it's summer camp, an adult sports league, exploring a trail, Zumba class, meeting friends on the playground, playing cards in the park, or discovering nature — parks and play go hand in hand. Check out some parks in your area, get healthier as you do—get your play on!

Print this [poster](#) and hang it up...you may even inspire others!



Source: <http://www.nrpa.org/july/>

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