

FAMILY HEALTH AND FITNESS DAY

June 11, 2020- Parks and recreation organizations play an integral role in the health and wellbeing of community members, especially now, during the COVID-19 pandemic.

Each year, the National Recreation and Park Association (NRPA) recognizes the second Saturday in June as Family Health & Fitness Day. Family Health & Fitness Day is an opportunity for people to discover the health benefits to staying fit and active that are provided by local parks and recreation departments throughout the year.

Historically speaking:

- Nearly three in five adults say that access to park and recreation amenities are very or extremely essential to their mental and physical health.
- Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth.
- Parks also provide a connection to nature, which studies demonstrate relieves stress, tightens interpersonal relationships and improves mental health.
- On average, children who live in greener environments weigh less than children who live in less green areas.

District Health Department #10 encourages the community to **SAFELY** join in the fun of Family Health & Fitness Day by:

- Taking a walk to visit your local park or trail
- Cooking a healthy meal
- Enrolling in a virtual fitness or nutritional program
- Creating your own exercise routine
- Playing outside

To learn more about Family Health & Fitness Day, visit www.nrpa.org/familyfitness

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MEDIA CONTACT

Jeannine Taylor
Public Information Officer
O: 231-876-3823
C: 231-920-4998
E: jtaylor@dhd10.org



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