

DHD#10 PROMOTES FAMILY HEALTH AND FITNESS DAY

Family Health and Fitness Day is June 11th, 2022

June 9, 2022 – District Health Department #10 (DHD#10) is promoting Family Health and Fitness Day, June 11th. Every year, the National Recreation and Park Association (NRPA) recognizes the second Saturday of June as Family Health and Fitness Day, a day designed to promote the importance of parks and recreation and their important role in keeping our communities healthy and active.

Using our parks and recreational areas to get us moving helps provide a connection to nature, which is shown to reduce stress, strengthen interpersonal relationships, and it can also improve our mental health.

DHD#10 encourages the community to safely join the fun of Family Health and Fitness Day by:

- Taking a walk to visit your local park or trail
- Cooking a healthy meal
- Enrolling in a virtual or in-person fitness or nutrition program
- Creating your own exercise routine
- Get outside and play

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

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MEDIA CONTACT

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Kalkaska
Lake
Manistee
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Wexford



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