*(Print on official certificate or letterhead.)*

**Designation of June 13, 2020, as Family Health & Fitness Day**

WHEREAS parks and recreation is vital to the health and wellness of communities across the country, including \_\_\_\_ (insert name of city or county) \_\_\_\_\_\_\_; and

WHEREAS parks and recreation provides inclusive spaces where people of all ages and abilities can focus on health and wellness, and physical activity; and

WHERAS living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth; and

WHERAS parks provide a connection to nature, which studies demonstrate relieves stress, tightens interpersonal relationships and improves mental health; and

WHEREAS \_\_\_\_ (city/county) \_\_\_ recognizes the health benefits derived from park and recreation programs and activities;

NOW THEREFORE, BE IT RESOLVED BY \_\_\_\_\_ (name of governing body) \_\_\_\_\_\_ that June 13, 2020, is recognized as Family Health & Fitness Day in the (city/county of \_\_\_\_\_).

*(Add sections for official seal, signature(s) and date.)*