

GET YOUR PLAY ON

PARK AND RECREATION MONTH JULY 2017

Most Americans

spend 5 hours per week participating in fun outdoor activities¹

1 hour

of daily vigorous play provides intense skill learning²

Kids who play outside

have better vision than those who play inside⁴

If youth are active

25 min a day 3 days a week:

- 243,830 fewer overweight/obese youth
- \$20 billion in saved medical costs³

3 in 4

adults age 30+ who play sports played sports as children⁶

Community play spaces

boost positive attitudes toward cultural diversity & reduce feelings of isolation⁵

50%

of all vigorous exercise in America happens at parks⁷

Kids who play at school

- become team players
- develop into creative thinkers⁸

Get out and play at your local parks and recreation centers today!



www.nrpa.org/July

#PlayOnJuly



1. July Park Pulse. National Recreation and Park Association, 2017. www.nrpa.org/park-pulse 2. opinionator.blogs.nytimes.com/2009/09/02/let-the-children-play-some-more
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