

## July is Recreation and Parks Month

# Be Active...Live Healthy Be Active...Live Healthy

Whereas, parks and recreation significantly contributes to and enhances the individual and community health, well-being, and quality of life

\_\_\_\_\_ (insert the name of your locale) by



**Providing Opportunities to Be Active and Stay Healthy:** Active people are less prone to obesity, diabetes, heart disease, and even depression. Parks and recreation is becoming a low cost health prescription with fun and enjoyment as an added advantage.



**Healthy, Engaged Communities:** Parks bridge gaps between people and serve as a place for people to connect. Growing a hometown with a sense of community is healthy for individuals, neighborhoods, and the vitality of a community.



**Clean Air and Water = Life's Essentials:** Parks, open spaces, and natural areas are nice, but they are also a necessity. Our greatest natural treasures, clean air, clean water and the open space associated with those treasures are crucial for our survival. Conserving the natural environment is essential for all of us.



**Colorado's Preferred Future:** Active Recreation for All – Places and Spaces to Connect and Engage – Open Space and Conservation result in

Healthy Individuals of All Ages, Vital and Viable Communities, Clean Air and Water...

Parks and recreation provides for people today and supports a preferred future for individuals, communities, and our state overall.

***Get Active...Be Healthy  
during July as Parks and Recreation Month  
This month...and Every Day***