

# GET YOUR PLAY ON

PARK AND RECREATION MONTH JULY 2017

## Most Americans

spend 5 hours per week participating in fun outdoor activities<sup>1</sup>

**1 hour**

of daily vigorous play provides intense skill learning<sup>2</sup>

## Kids who play outside

have better vision than those who play inside<sup>4</sup>

If youth are active

**25 min a day 3 days a week:**

- 243,830 fewer overweight/obese youth
- \$20 billion in saved medical costs<sup>3</sup>

**3 in 4**

adults age 30+ who play sports played sports as children<sup>6</sup>

## Community play spaces

boost positive attitudes toward cultural diversity & reduce feelings of isolation<sup>5</sup>

**50%**

of all vigorous exercise in America happens at parks<sup>7</sup>

## Kids who play at school

- become team players
- develop into creative thinkers<sup>8</sup>

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



[www.nrpa.org/July](http://www.nrpa.org/July)

#PlayOnJuly



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