

# 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



1. July Park Pulse, National Recreation and Park Association, 2017; [www.nrpa.org/park-pulse](http://www.nrpa.org/park-pulse) 2. [opinionator.blogs.nytimes.com/2009/09/02/let-the-children-play-some-more](http://opinionator.blogs.nytimes.com/2009/09/02/let-the-children-play-some-more)  
3. [assets.aspeninstitute.org/content/uploads/2016/06/StateofPlay\\_2016\\_FINAL.pdf](http://assets.aspeninstitute.org/content/uploads/2016/06/StateofPlay_2016_FINAL.pdf) 4. [www.care.com/c/stories/4178/5-health-benefits-of-playing-outside](http://www.care.com/c/stories/4178/5-health-benefits-of-playing-outside)  
5. [www.ornes.nl/wp-content/uploads/2010/08/Play-in-children-s-development-health-and-well-being-feb-2012.pdf](http://www.ornes.nl/wp-content/uploads/2010/08/Play-in-children-s-development-health-and-well-being-feb-2012.pdf) 6. [www.aspenprojectplay.org/the-facts](http://www.aspenprojectplay.org/the-facts)  
7. [www.aspenprojectplay.org/the-facts](http://www.aspenprojectplay.org/the-facts) 8. [kaboom.org/about\\_kaboom/our\\_mission\\_vision](http://kaboom.org/about_kaboom/our_mission_vision)