

## *July is Park and Recreation Month*

**WHEREAS** parks and recreation is an integral part of communities throughout this country, including the City of La Habra; and

**WHEREAS** parks and recreation promotes time spent outdoors, which positively impacts mental health by increasing cognitive performance and well-being, and alleviating illnesses such as depression, attention deficit disorders, and Alzheimer's; and

**WHEREAS** parks and recreation promotes health and wellness, improving the physical and mental health of people who live near or visit parks; and

**WHEREAS** parks and recreation encourages physical activities by providing space for popular sports, walking trails, splash zones and many other activities designed to promote active lifestyles; and

**WHEREAS** parks and recreation is a leading provider of healthy meals, nutrition services, and education; and

**WHEREAS** park and recreation programming and education activities, such as out of-school time programming, youth sports, and environmental education, are critical to childhood development; and

**WHEREAS** parks and recreation increases a community's economic prosperity through increased property values, expansion of the local tax base, increased tourism, the attraction and retention of businesses, and crime reduction; and

**WHEREAS** parks and recreation makes programs available to the public that promotes family engagement, community volunteerism, and civic pride; and

**WHEREAS** parks and recreation offers indoor activities in the form of museums and theaters that that provides cultural and arts education opportunities; and

**WHEREAS** parks and recreation is essential and adaptable infrastructure that makes our communities resilient in the face of natural disasters and climate change; and

**WHEREAS** our parks and recreation areas ensure the ecological beauty of our community and provide a place for children and adults to connect with nature and recreate outdoors; and

**WHEREAS** the U.S. House of Representatives has designated July as Parks and Recreation Month; and

**WHEREAS** the City of La Habra recognizes the benefits derived from parks and recreation resources.

**NOW THEREFORE, BE IT RESOLVED BY** the City Council of the City of La Habra that it is recognized that "July is Park and Recreation Month" in the City of La Habra.

ATTEST:

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James Gomez  
Mayor

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Rhonda J. Barone, CMC  
City Clerk