

# Chronic Disease Prevention Bulletin

July 2005

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## July is National Recreation and Parks Month

The National Recreation and Park Association has designated July as National Recreation and Parks Month. The Association is a non-profit organization that has been celebrating National Parks Month since 1956. The Association encourages you to get involved with your local parks and recreation facilities.



There are several reasons you should visit national parks and participate in the activities they offer. Parks...

- Provide opportunities for young people to live, grow, and develop.
- Create lifelines and continued life experiences for older members of our community.
- Generate opportunities for people to come together and experience a sense of community.
- Provide an outlet for physical activity, socializing, and stress reduction.
- Provide nature trails, open spaces, cultural centers, and historic sites.
- Provide greenways and open spaces that encourage people to get away and relax.

## Be active, Georgia!

We all know we need physical activity so take advantage of the parks near you – local, state, or national parks – to get your exercise. Use the parks to walk, bike, row, hike, etc. You'll enjoy the experience of being outdoors, and you'll be getting the exercise you need. Take a family vacation to a park, and instead of

carrying chips, cookies, and candy to snack on, take apples, oranges, bananas, and other fruits and vegetable to munch on.

In addition to eating healthy and getting physical activity while you are enjoying the great outdoors, remember these tips...

- Hike and travel in groups
- Leave your itinerary with a friend or family member.
- Learn basic repair skills, such as fixing a flat bike tire.
- Bring a first aid kit.
- Have plenty of water.
- Bring emergency supplies - a map, compass, flashlight, knife, waterproof fire starter, personal shelter, whistle, warm clothing, high-energy food, head covering, sunscreen and insect protection.
- Learn the basics of handling emergencies.
- Before you go, find out the weather forecast.
- Make sure fires are always attended.
- In case of a storm, stay away from isolated trees, tall trees, open fields, metal objects, golf courses, and water. If caught above the tree line when a storm approaches, descend as quickly as possible.

### Sources:

- [www.fs.fed.us/recreation/safety/safety.shtml#trail](http://www.fs.fed.us/recreation/safety/safety.shtml#trail)
- [www.mrpaonline.org/News/national\\_parks\\_month.htm](http://www.mrpaonline.org/News/national_parks_month.htm)
- [www.mrpaonline.org/News/nationalparksmonthresolution.pdf](http://www.mrpaonline.org/News/nationalparksmonthresolution.pdf)

## news alert

### The Georgia Smokefree Air Act of 2005



In May 2005, Governor Sonny Perdue signed the Georgia Smokefree Air Act into law. Effective July 1, 2005, the new law prohibits smoking inside most public areas and outlines specific guidelines for

allowing smoking in and around establishments that serve the public. However, the Act does allow for more restrictive local laws, rules, and regulations that are currently in place or may be passed in the future. Visit <http://dhr.georgia.gov/gasmokefreeair> to view and download a list of local ordinances.

