



American Recreation Coalition

Dedicated to the protection and enhancement of everyone's right to health and happiness through recreation.

NEWS

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President, Governors Tout Health Benefits of Great Outdoors in Proclamations

Washington, D.C. – The importance of outdoor recreation to mental and physical health is a key theme of actions by the President and most governors in their designations of June 2012 as Great Outdoors Month. Great Outdoors Month proclamations began in the 1990's and are now traditions, highlighting both the benefits of time outdoors and the range of activities and celebrations underway during the month.

President Obama emphasized the importance of outdoor recreation to health in his proclamation of Great Outdoors Month, saying:

“First Lady Michelle Obama’s Let’s Move Outside! initiative is encouraging children and families to explore the outdoors and engage in outdoor recreation as part of a healthy, active lifestyle.”

Governors from all parts of the nation and both political parties used Great Outdoors Month proclamations as an opportunity to emphasize the role outdoor recreation plays in the mental and physical health of Americans. Forty-two governors declared that outdoor recreation and the great outdoors are crucial to the well-being of their citizens. Governor Nathan Deal (R-GA) said, “The mission of the Great Outdoors Month focuses on the link between outdoor recreation and improved health for people of all ages and abilities.” Governor Martin O’Malley (D-MD) wrote, “Children who spend frequent time outdoors may enjoy better health, fitness and vitality, improved academic performance and critical thinking skills and decreased rates of physical and emotional illness and obesity.” And Governor Gary Herbert (R-UT) noted, “Recreation is a valuable resource to help educate America’s youth through the message that outdoor recreation is a fun, healthy use of leisure time.”

Governors who cited the role outdoor recreation plays in supporting the health and well-being of Americans are: Robert Bentley (R-AL), Sean Parnell (R-AK), Jan Brewer (R-

President, Governors Tout Health Benefits of Great Outdoors Add One

AZ), Mike Beebe (D-AR), John Hickenlooper (D-CO), Jack Markell (D-DE), Rick Scott (R-FL), Nathan Deal (R-GA), Butch Otter (R-ID), Pat Quinn (D-IL), Mitch Daniels (R-IN), Sam Brownback (R-KS), Bobby Jindal (R-LA), Paul LePage (R-ME), Martin O'Malley (D-MD), Deval Patrick (D-MA), Rick Snyder (R-MI), Phil Bryant (R-MS), Jay Nixon (D-MO), Dave Heineman (R-NE), Brian Sandoval (R-NV), John Lynch (D-NH), Chris Christie (R-NJ), Susana Martinez (R-NM), Bev Perdue (D-NC), Jack Dalrymple (R-ND), John Kasich (R-OH), Mary Fallin (R-OK), John Kitzhaber (D-OR), Tom Corbett (R-PA), Lincoln Chafee (I-RI), Nikki Haley (R-SC), Bill Haslam (R-TN), Rick Perry (R-TX), Gary Herbert (R-UT), Bob McDonnell (R-VA), Christine Gregoire (D-WA), Earl Ray Tomblin (D-WV), and Scott Walker (R-WI).

Other themes were also common in the proclamations. Support for conservation efforts is referenced in 37 of the proclamations. The importance of the outdoors for kids and families is mentioned in 22 and volunteerism is praised in 19. Additionally, 15 proclamations cite the significance of outdoor recreation to the economy – and virtually all urge people to go out and enjoy the Great Outdoors!

The Great Outdoors Month proclamations were requested by leading national recreation organizations, many of whom sponsor key recreation-related events and activities during the month. These events include: National Trails Day®, National Fishing and Boating Week, the Great American Backyard Campout, Welcome to the Water on National Marina Day, Great Outdoors Week, and National Get Outdoors Day.

Copies of the proclamations can be viewed and downloaded at www.funoutdoors.com.

#10-12

(June 27, 2012)

About the American Recreation Coalition

AMERICAN RECREATION COALITION — is a nonprofit, Washington-based federation founded in 1979. The association provides a unified voice for recreation interests to ensure their full and active participation in government policy-making on issues such as public land management. ARC membership consists of more than 100 organizations, including national and regional associations and corporations that represent a major share of the \$645 billion a year recreation/leisure industry and enthusiast groups representing millions of recreationists. Since its inception, ARC has sought to catalyze public-private partnerships to enhance and protect outdoor recreation opportunities and resources. ARC conducts research, organizes national conferences, and disseminates information through a variety of means, including its Web site www.funoutdoors.com. ARC plays a leading role in several key coalitions and organizations, including the Coalition for Recreational Trails, Scenic Byways Coalition and Coalition for Recreation in the National Forests. ARC also supports and promotes the WOW - Wonderful Outdoor World outreach to urban children and was instrumental in the re-launch of Take Pride in America. ARC was also instrumental in launching National Get Outdoors Day, a national effort dedicated to helping children enjoy healthy, active outdoor lives.

Health References From Proclamations

Alabama: Governor Robert Bentley

“Alabamians are enjoying our state’s magnificent scenery and the healthy benefits of outdoor recreation.”

Alaska: Governor Sean Parnell

“Alaska offers an abundance of outdoor summer recreation activities, and the extended daylight hours provide ample opportunities to fish, hike, boat, camp, and otherwise enjoy our state’s magnificent scenery and the healthy benefits of outdoor recreation.”

Arizona: Governor Jan Brewer

“Through biking, swimming, hiking and many other activities, we are able to enjoy the healthy benefits of outdoor recreation.”

Arkansas: Governor Mike Beebe

“The Natural State contains the oldest National Park, the first National River, three National Forests, six National Park Service sites, numerous National Recreation Trails, and provides an abundance of outdoor recreational and educational opportunities, endless adventures, and subsequent quality-of-life rewards and health benefits.”

Colorado: Governor John Hickenlooper

“Those who take advantage of the opportunities afforded them in the outdoors generally live longer, healthier, fuller lives than those who do not.”

Delaware: Governor Jack Markell

“Outdoor recreation promotes health, fitness and environmental awareness.”

Florida: Governor Rick Scott

“Experiencing our state’s natural splendor contributes to healthier lives for our citizens and a deeper appreciation for the great outdoors.”

Georgia: Governor Nathan Deal

“The mission of the Great Outdoors Month focuses on the link between outdoor recreation and improved health for people of all ages and abilities.”

Idaho: Governor Butch Otter

“Outdoor activities contribute to the physical well-being and happiness of the people of the state.”

Illinois: Governor Pat Quinn

“Experiencing Illinois’ natural splendor contributes to happier and healthier lives for our citizens and a deeper appreciation for the great outdoors.”

Indiana: Governor Mitch Daniels

“Through biking, sport fishing, boating, hiking, and many other activities, Hoosiers are enjoying the magnificent scenery and the healthy benefits of outdoor recreation in the State of Indiana.”

Kansas: Governor Sam Brownback

“A clean and sustainable environment contributes to our quality of life.”

“Outdoor recreation promotes health fitness and environmental awareness.”

“Outdoor recreation is an ideal way to exercise and enjoy memorable experiences with family and friends.”

Louisiana: Governor Bobby Jindal

“Through biking, swimming, fishing, hiking and many other activities, Louisianans are enjoying our state’s magnificent natural beauty and the healthy benefits of outdoor recreation.”

Maine: Governor Paul LePage

“Kids and adults are healthier and happier when they are exposed to the wonders of nature.”

Maryland: Governor Martin O’Malley

“Children who spend frequent time outdoors may enjoy better health, fitness and vitality, improved academic performance and critical thinking skills and decreased rates of physical and emotional illness and obesity.”

Massachusetts: Governor Deval Patrick

“Biking, swimming, hiking, wildlife watching, hunting, fishing, and other forms of outdoor recreation promotes fitness and a healthy lifestyle.”

Michigan: Governor Rick Snyder

“Outdoor activities help combat obesity, substance abuse and youth violence while playing a positive role in education, community wellness and family cohesiveness.”

Mississippi: Governor Phil Bryant

“Outdoor recreation promotes health, fitness, and environmental awareness.”

“Outdoor recreation is an ideal way to exercise and enjoy memorable experiences with family and friends.”

Missouri: Governor Jay Nixon

“During Great Outdoors Month, we celebrate the opportunity to enjoy the healthy benefits of being outdoors and connecting with nature.”

Nebraska: Governor Dave Heineman

“Through biking, swimming, skiing, hiking and many other activities, Americans are enjoying our country’s magnificent scenery and the healthy benefits of outdoor recreation.”

Nevada: Governor Brian Sandoval

“By encouraging residents and tourists to go outdoors, we encourage a more active and healthy life style, improve mental and physical health, reduce substance abuse and enhance the economy of the state.”

New Hampshire: Governor John Lynch

“Experiencing natural splendor contributes to healthier lives for our citizens and a deeper appreciation of the great outdoors.”

New Jersey: Governor Chris Christie

“An outdoor, active lifestyle has physical and social benefits for everyone and unstructured play in the outdoors has been shown to be an essential component in the development of all around healthy children.”

New Mexico: Governor Susana Martinez

“New Mexico is a leader in the efforts to protect public lands and fish and wildlife resources, and to promote healthy lifestyles and to reconnect children to nature.”

North Carolina: Governor Bev Perdue

“Biking, sport fishing, boating, and hiking are just some of the many activities citizens and visitors can partake of while enjoying the magnificent scenery and the healthy benefits of outdoor recreation in North Carolina.”

North Dakota: Governor Jack Dalrymple

“North Dakota residents benefit physically and mentally from outdoor activity as they work and play.”

“A clean and sustainable environment contributes to quality of life, providing activities which promote good health and fitness.”

Ohio: Governor John Kasich

“Exploring Ohio’s outdoors will help families to create lasting memories and promotes an active, healthier lifestyle.”

Oklahoma: Governor Mary Fallin

“In addition to state parks, Oklahoma is blessed with innumerable city, county and other publically accessible parks which provide opportunities for physical activity and the development of healthy lifestyle choices while learning about the outdoors.”

Oregon: Governor John Kitzhaber

“Outdoor recreation is enjoyed by nearly every one and plays an important positive role in providing numerous mental, physical, economic and social benefits.”

Pennsylvania: Governor Tom Corbett

“Through biking, swimming, boating, hiking, hunting, fishing, and many other activities, we are able to enjoy the healthy benefits of outdoor recreation and enjoy memorable experiences with family and friends.”

Rhode Island: Governor Lincoln Chafee

“Outdoor recreation is fundamental to the health and well-being of our citizens.”

South Carolina: Governor Nikki Haley

“A clean and sustainable environment contributes to the health and well-being of our citizens as well as to the economic stability of the Palmetto State.”

Tennessee: Governor Bill Haslam

“Outdoor recreation promotes health, fitness and environmental awareness.”

Texas: Governor Rick Perry

“Outdoor enthusiasts from across the country and around the world travel to Texas to enjoy our natural treasures and to participate in a wide range of outdoor activities – boating, hunting, cycling, fishing, camping, hiking, rock climbing, and wildlife watching, to name just a few. These activities encourage active lifestyles and environmental conservation.”

Utah: Governor Gary Herbert

“Outdoor recreation is enjoyed by nearly everyone and plays an important role in providing numerous mental, physical, economic and social benefits.”

“Recreation is a valuable resource to help educate America’s youth through the message that outdoor recreation is a fun, healthy use of leisure time.”

Virginia: Governor Bob McDonnell

“Virginia’s award winning State Parks, Natural Area Preserves, State Forests and Wildlife Management Areas combined with other outstanding local and federal public lands provides unparalleled outdoor recreation that promotes health, fitness and conservation stewardship.”

Washington: Governor Christine Gregoire

“Outdoor recreation is an ideal way to exercise, appreciate nature, and enjoy memorable experiences with family and friends.”

West Virginia: Governor Earl Ray Tomblin

“The mission of Great Outdoors Month is to promote healthier lifestyles to combat obesity, volunteerism to strengthen our communities and our shared legacy of parks and forests, the protection of our environment, and our enjoyment of the great outdoors.”

Wisconsin: Governor Scott Walker

“Playing and exploring outdoors gives children and their families time to connect with nature, engage in exercise and healthy activities, and have fun.”

National Proclamation: President Barack Obama

“First Lady Michelle Obama’s Let’s Move Outside! initiative is encouraging children and families to explore the outdoors and engage in outdoor recreation as part of a healthy, active lifestyle.”