

Family Recreation & UV Safety Month

Visit the Virtual Family Recreation & Sun Safety Expo

Review resources for family
recreational activities and
outdoor safety.

July 27, 2021

11:00 AM - 1:00 PM EST



Benefits of Outdoor Recreation

BE HAPPIER - FEEL GREAT!

Enhance your health, independence and well-being. There is no greater opportunity for people to experience self-actualization and spiritual renewal, creative expression, discovery and stimulation than leisure offers.

BUILD FAMILY UNITY

Family bonds are improved by the sharing of leisure time. Families that recreate together tend to be closer, more cohesive and improve their chances of staying together. This is true with both parent-child relationships and married couples.

CONTROL WEIGHT, LOOK BETTER, BUILD STRONG BODIES

Sports participants had significantly lower body mass index values, lower blood pressures, and lower resting pulse rates. The physically fit person is less prone to injury and is less likely to experience depression.

REDUCE STRESS - RELAX!

In Nationwide polls, 89% of all Americans report that they often experience high levels of stress, and 59% claimed that they feel great stress at least once a week. Positive and enjoyable recreation experiences can decrease stress and psychological tensions. Leisure activities provide people with the opportunity to expel energy and emotion not being released in other aspects of their lives.

ELIMINATE LONELINESS - CONQUER BOREDOM!

Land and water parks enhance the quality of life and contribute positively to the mental health of its citizens. Both mild and clinical depression can be reduced with activities such as water aerobics and swimming. "Active Living" is a concept that connects the mind, body and spirit in physical activity.

Outdoor Safety Tips

BEAT THE HEAT

Heat kills more than 600 people in the United States each year. Preventing heat-related illnesses, including heat stroke and heat exhaustion, is important for people of all ages, but extreme heat poses the greatest risk for people under age 4 and over 65, and anyone who has a pre-existing medical condition. The best ways to protect yourself from heat include staying cool, hydrated, and informed: find air-conditioning during hot hours and wear cool clothing, drink plenty of liquids, and pay attention to heat advisories.

UV PROTECTION

Sunburn is a common summertime injury. Unprotected skin can be burned by the sun's UV rays in as little as 15 minutes, but can take up to 12 hours for the skin to show the damage. CDC recommends staying out of the sun between 10 a.m. and 4 p.m., when its UV rays are at their highest level. Sunscreen is recommended for anyone working and playing outside in the summer, even on cloudy days. Hats, sunglasses, and long sleeves are also recommended for outdoors activities.

FOOD SAFETY

Food poisoning peaks during summer months due to warmer temperatures, which can let foodborne germs thrive. Each year, 1 in 6 Americans get sick from eating contaminated food.

INSECT PROTECTION

Protect yourself and your family from insect bites by using an insect repellent. There are many new all-natural repellents on the market, and some essential oils such as peppermint will naturally repel insects. Apply repellents only to exposed skin or clothing, as directed on the product label and always follow instructions when applying insect repellent to children.

July is National Therapeutic Recreation and UV Safety Month!