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JULY IS PARKS & RECREATION MONTH: TAKE INDOOR ACTIVITIES OUTSIDE AND ENJOY THE GREAT OUTDOORS

Clackamas County, OR – If you're feeling like you don't spend enough time outside, you're not alone. Nearly three in 10 U.S. adults do not spend time outside on a daily basis and of those who do, almost half spend less than 30 minutes in the fresh air according to a new survey released by the National Recreation and Park Association (NRPA). That's why throughout the month of July, North Clackamas Parks & Recreation District (NCPRD) and NRPA are challenging everyone to get out and visit their community parks and enjoy fun recreation opportunities during National Parks and Recreation Month. Governor John Kitzhaber has also proclaimed the month of July as Oregon's Local Parks and Recreation Month.

This year's theme for National Parks and Recreation Month is "OUT is IN," which encourages individuals, families, friends and coworkers to do something outside everyday that they would normally do inside. From picnicking in the park instead of sitting inside at a table to sending an email or even holding a meeting outside, there are small ways you can make going OUT part of your daily routine.

NCPRD offers all kinds of great ways to take fun activities outside, ranging from Movies in the Park and National Dance Day in the Park to visiting the RecMobile which offers free, fun crafts and games for kids in our local parks. Go to ncprd.com to choose your next recreation adventure.

In addition to getting involved in Parks and Recreation Month locally, people are encouraged to take the OUT is IN 31-day social media challenge on Twitter and Instagram by posting photos of themselves doing typical inside activities outside with the hashtag #JulyOUTisIN. You can also post your "OUT is IN" photos to NCPRD's Facebook page at facebook.com/ncprd.

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North Clackamas Parks and Recreation District is a service district of Clackamas County dedicated to providing exceptional parks and recreation programs, facilities and services. Voters approved the formation of the District in 1990 because they saw the need for greater parks and recreation services in the north end of the county. The

District – which serves more than 116,000 residents in a 36-square mile area – includes the cities of Happy Valley, Milwaukie and a large area of unincorporated Clackamas County. Our mission: To enrich community vitality and promote healthy living through parks and recreation.