



# **JULY IS PARKS AND RECREATION MONTH**

## **A Proclamation**

**WHEREAS** parks and recreation is an integral part of communities throughout this country, including Nottingham, NH; and

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

**WHEREAS** parks and recreation promotes time spent in nature, 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 encourages physical activities by providing space for popular sports, hiking trails, town beaches 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 is fundamental to the environmental well-being of our community; 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 natural 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

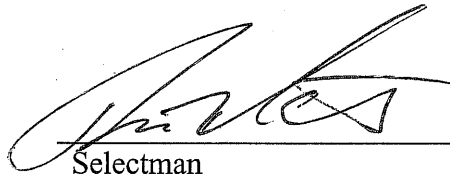
**WHEREAS** the U.S. House of Representatives has designated July as Parks and Recreation Month; and

WHEREAS Nottingham, NH recognizes the benefits derived from parks and recreation resources.

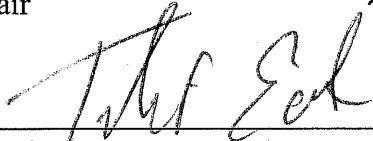
NOW THEREFORE, BE IT RESOLVED BY The Nottingham Board of Selectmen that July is recognized as Parks and Recreation Month in the Town of Nottingham.



Chair

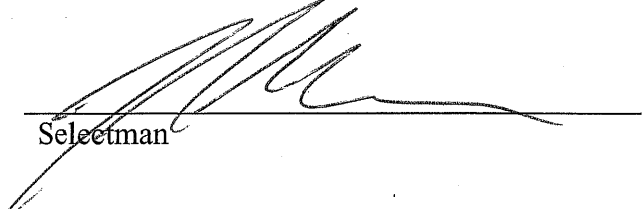


Selectman



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