A RESOLUTION

Recognizing August 11, 2020, as "National Sons and Daughters Day" in Pennsylvania to encourage outdoor activities and the use of parks and recreational facilities throughout this Commonwealth.

WHEREAS, The time children spend outside leads to higher levels of physical activity in children; and

WHEREAS, Children who live within two-thirds of a mile from a park with a playground are five times more likely to be a healthy weight; and

WHEREAS, A 20-minute walk in a park or other natural area can help children with attention deficit hyperactivity disorder focus better; and

WHEREAS, Active children show more brain activity and they are 20% more likely to earn an A grade in the subjects of English and math in school; and

WHEREAS, Seventy-six percent of park and recreation agencies offer summer camps in this Commonwealth which provide some form
of active programming for children; and

WHEREAS, Fifty percent of park and recreation agencies in this Commonwealth also provide healthy feeding programs for park participants; and

WHEREAS, Park programs help children move more and eat healthy and can help fight against diseases, including hypertension and type 2 diabetes, to enable children to live longer and healthier lives; and

WHEREAS, In the context of the COVID-19 crisis, when our regular routines and coping strategies are being challenged, a connection with the outdoors and the environment becomes even more important; therefore be it

RESOLVED, That the House of Representatives recognize August 11, 2020, as "National Sons and Daughters Day" in Pennsylvania to encourage outdoor activities and the use of parks and recreational facilities throughout this Commonwealth.