

NEWS RELEASE

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ORANGE COUNTY PARKS AND RECREATION DEMONSTRATES HOW GOING OUT IS IN AT COMMUNITY PARKS AND RECREATION THIS JULY

Month-long celebration highlights value of parks and recreation for local communities

Orange County, VA – If you're feeling like you don't get to spend enough time outside, you're not the only one. 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) and conducted by Ipsos Public Affairs. That's why this July, Orange County Parks and Recreation and NRPA are challenging everyone to get out and visit their community parks and recreation during national Park and Recreation Month.

This year's theme, "OUT is IN," 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. The parks and facilities run by Orange County offer ample opportunities to go OUTside, get INspired, change your OUTlook and get INvolved.

In addition to getting involved in Park 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.

To learn more about local activities and getting OUTside and INvolved during Park and Recreation Month, visit the Orange County Parks and Recreation webpage at http://www.orangecountyva.gov/index.aspx?nid=300.

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