

**State of Health and Wellness Messaging**

Local government is the government closest to most citizens, with park and recreation departments having tremendous daily impact upon its residents.

Active transportation routes provide alternative ways to travel from work, school and home. These routes encourage citizens to use physical activity during commutes.

By providing opportunities for physical activity and increasing the ease of access to healthy food options, Park and Recreation agencies can take the lead in moving a community forward in health and wellness

\_\_\_\_\_\_\_\_\_\_\_’s commitment to the FRPA State of Health & Wellness Pledge will hold the department accountable to aggressively address nutrition and physical activity standards through education and programming initiatives.

Strong evidence shows that when people have access to parks, they are more likely to exercise, which can reduce obesity and its associated problems and costs. [*The Health Benefits of Parks*; The Trust for Public Land]

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