

Fourth Annual Great Outdoors Day at Buttonwood Park



If you're feeling cramped and like you don't get to spend enough time outside, you're not the only one. Increasing numbers of people 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. Various research studies are confirming that community parks, green space and time outdoors is critical for creating healthy, active and sustainable communities. You can experience the benefits of being outdoors by visiting your community parks and open spaces any time of the year, and especially during Park and Recreation Month.

That's why this July, Parks Recreation & Beaches, New Bedford Whaling National Historical Park and NRPA are challenging everyone to get outside for Park and Recreation Month.

Join us Sat., July 19, 2014 for the Fourth Annual Great Outdoors Day at Buttonwood Park from 10-2 pm to learn about the many opportunities to get outdoors and be active in the City and surrounding area. Organizations will be providing

hands on activities for families and youth as well as providing information on local outdoor programming. Many local organizations will be on hand including Buzzards Bay Coalition, New Bedford Rowing Center, Girl Scouts of Eastern Mass., Mass in Motion New Bedford, and more. You can try your hand at rowing, create cheater s'mores, get a close up look at birds and bugs, play traditional games of old, and more.

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. Discover the many local opportunities to go OUTside, get INspired, change your OUTlook and get INVolved.