



## **DESIGNATION OF JULY AS PARK AND RECREATION MONTH**

**WHEREAS** parks and recreation is an integral part of communities throughout this country, including Kerman, California; 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, swimming pools 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 are critical to childhood development, such as out-of-school time programming, youth sports and environmental education; 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 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 City of Kerman recognizes the benefits derived from parks and recreation resources.

**NOW THEREFORE, BE IT RESOLVED BY** the City Council of the City of Kerman that July is recognized as Park and Recreation Month.

I have hereunto set my hand and caused the Official Seal of the City of Kerman to be affixed on this 26<sup>th</sup> day of June 2024.

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Maria Pacheco  
Mayor