

## **July as National Park and Recreation Month**

**WHEREAS**, parks and recreation are an integral part of communities throughout this country, including the City of San Leandro; and

**WHEREAS**, parks and recreation promote health and wellness, improving the physical and mental health of people; and

**WHEREAS**, parks and recreation promote 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 encourage physical activity by providing space for sports, hiking trails, swimming pools and many other activities designed to promote active lifestyles; and

**WHEREAS**, parks and recreation programming and education activities, such as out-of-school time programming, youth sports and environmental education, are critical to childhood development; 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 U.S. House of Representatives has designated July as Parks and Recreation Month; and

**WHEREAS**, the City of San Leandro recognizes the benefits derived from parks and recreation resources; and

**WHEREAS**, our parks and recreation department is a leading provider of healthy meals, nutrition services and education.

**NOW, THEREFORE**, I, Juan González III, Mayor of San Leandro, do hereby proclaim the month of July as Park and Recreation Month in the City of San Leandro.

**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the Seal of the City of San Leandro to be affixed this 10th day of July 2023.

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Juan González III, Mayor  
City of San Leandro