

# 10 WAYS TO GET OUT AND PLAY

## Meet Me at the Park and bring a friend or two!

Your local parks and recreation centers offer the perfect opportunities for anytime fun.



### 1. VISIT A NEW PLAYGROUND.

Local parks offer a lot more than a swing set these days. Explore your community for playgrounds that bring all generations together.

### 2. MAKE TIME TO SPLASH.

Pools, splashpads – even waterparks – can all be found through local parks and recreation. Make sure to sign up for swim lessons too!



### 3. VOLUNTEER FOR FAMILY FUN.

From clean-up events to planting gardens to helping track pollinators, opportunities abound in local parks.

### 4. GET OUT WITH THE WHOLE FAMILY.

Nothing says fun like picnics with your family. You can even bring Fido and check out a local dog park too! Don't forget your sun protection.

### 5. PLAN A NIGHT OUT.

Your local park and recreation department has prepared a jam-packed list of activities for you! Check their calendar for concerts, weekly movie nights and special events.



### 6. GO ON A WALK.

A paved trail or nature hike will have you smiling in no time. You can even find themed trails or exercise circuits at many local parks.



### 7. TAKE A STAYCATION.

Camping, boating and beaches, oh my! Your state and local parks offer opportunities to take a relaxing weekend off without going far.



### 8. GET YOUR GAME ON.

Find a local pick-up game schedule or location of the nearest multisport court. Bring water to stay hydrated. Game on!



### 9. GET ROLLING.

Visit a local skatepark or adventure bike course. Got wheels? Many parks offer accessible and paved trails to make it easy to get around!



**10. ESTABLISH A HEALTHY ROUTINE.** Commit to trying new foods at the farmers market or community garden. Use the rec center or local park's fitness equipment. A park and rec professional can help you find your new routine.

Learn more about Meet Me at the Park at [nrpa.org/MeetMeAtThePark](http://nrpa.org/MeetMeAtThePark)