



PROCLAMATION National Park & Recreation Month

WHEREAS: the U.S. House of Representatives has designated July as Park and Recreation Month; and

WHEREAS: parks and recreation promotes time spent in nature, which positively impacts health and wellness, including 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 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: 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.

NOW, THEREFORE I, Douglas Kindig, Mayor of the City of La Vista, do hereby proclaim the month of July 2025 as **Park and Recreation Month** in the City of La Vista and encourage all residents to participate in recreation programing and/or utilize our beautiful parks, trails and community spaces.

IN WITNESS WHEREOF, I have set my hand and caused the official Seal of the City of La Vista to be affixed this 1st day of July 2025.



Douglas Kindig, Mayor

ATTEST:

Rachel D. Carl, CMC
City Clerk