



**Park & Recreation Month**

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| Almost 35 years ago, Congress designated July as [**National Park and Recreation Month**](https://www.nrpa.org/events/july/). This year’s theme is ***Game On!*** But this health observance isn’t just fun and games, according to the National Recreation and Park Association (NRPA). Parks are great places to improve your health and wellness!  **Go play outside!** Lucky for us, Tennessee has 56 different [state parks](https://tnstateparks.com/) with 1,110 miles of trails! Make the most of your summer by staying active and enjoying nature. Tennessee State Parks are open to the public seven days a week, year-round. [Find a park](https://tnstateparks.com/about/find-a-park) and choose activities that interest you, your family, friends and coworkers.  **Find an event at a TN State Park:** <https://tnstateparks.com/events> **Plan your visit at a National Park:** <https://www.nps.gov/planyourvisit/event-search.htm>  **Download the Healthy Parks Healthy Person web app:** <http://healthyparkstn.com/> |
| Of all the paths you take in life, make sure a few of them are dirt.  – John Muir |
| **Take a Hike!**  Show us how you enjoy the outdoors. [With permission](https://www.tn.gov/content/dam/tn/wfhtn/documents/WFHTN%20Photo%20Waiver%20Multi.pdf), share your outdoor adventure photos on our social media sites or email to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov).  [cid:image007.gif@01D088CC.43F0B9E0](https://www.tn.gov/wfhtn)[cid:image003.png@01D4AD68.9B4BFF00](https://www.facebook.com/WFHTN)[cid:image004.png@01D4AD68.9B4BFF00](https://twitter.com/WFHTN)[cid:image005.png@01D4AD68.9B4BFF00](https://www.instagram.com/workingforahealthiertn/)[cid:image006.png@01D4AD68.9B4BFF00](https://www.youtube.com/user/TNSiteChampions) |