



Park & Recreation Month

Almost 35 years ago, Congress designated July as **National Park and Recreation Month**. 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](#) 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](#) 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](#), share your outdoor adventure photos on our social media sites or email to WFHT.TN@tn.gov.

