



PRESS RELEASE

For Immediate Release

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The City of Lancaster Demonstrates How Going OUT is IN!

Lancaster, TX – If you're feeling cramped like you don't get to spend enough time outside, you're not alone. Nearly 3 in 10 adults in the United States do not spend time outside on a daily basis and of those who do, almost half spend less than 30 minutes in the fresh air according to a new survey released by the National Recreation and Park Association (NRPA). In observation of Park and Recreation Month, the City of Lancaster is joining NRPA in challenging residents to come out and visit community parks and our Recreation Center.

This year's theme, "**OUT is IN**," encourages individuals, families, friends and coworkers to do something outside everyday that they would normally do inside. From picnicking in the park instead of sitting inside at a table to sending an email or even holding a meeting outside, there are small ways you can make going OUT part of your daily routine. Lancaster has 14 community and neighborhood parks that offer ample opportunities to go **OUT**side, get **IN**spired, change your **OUT**look and get **IN**volved.

"Lancaster's Community Park, Lions Club City Park and our various neighborhood parks offer residents with a variety of options from traditional play to exercise and creative play activities." said Lancaster City Manager, Opal Mauldin Robertson. "We are excited about Park and Recreation Month; it is a great opportunity to show our community that going **OUT** is **IN**!"

In addition to getting involved in Park and Recreation Month locally, people are encouraged to join the City of Lancaster and take the OUT is IN 31-day social media challenge on Twitter and Instagram by posting photos of themselves doing typical inside activities outside with the hashtag **#JulyOUTisIN**. For more information on getting **OUT**side and **IN**volved in planned activities during Park and Recreation Month, visit www.lancaster-tx.com and www.nrpa.org/July.

The City of Lancaster invites you to "like" the City on [Facebook.com/CityofLancasterTX](https://www.facebook.com/CityofLancasterTX), follow us at [Twitter.com/Lancaster_TX](https://twitter.com/Lancaster_TX) or register for weekly e-mail alerts regarding upcoming events on our website at www.lancaster-tx.com by clicking on "Notify Me".

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