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City of Port St. Lucie  
121 S.W. Port St. Lucie Blvd.  
Port St. Lucie, FL 34984  
[www.cityofpsl.com](http://www.cityofpsl.com)

For more information, contact:  
Sarah Prohaska, Public Information Officer  
(772) 873-6326 / [media@cityofpsl.com](mailto:media@cityofpsl.com)

FOR IMMEDIATE RELEASE

## **City of Port St. Lucie invites residents to a play date with the Parks & Recreation Department this July**

*Month long celebration highlights essential value of local parks & recreation*

PORT ST. LUCIE -- Summer is here, which means it's time to get your play on. This July, discover the power of play with the City of Port St. Lucie Parks & Recreation Department as it celebrates Park & Recreation Month.

A variety of fun activities, and even a few free giveaways, are planned for residents of all ages and abilities. Since 1985, America has celebrated July as the nation's official Park & Recreation Month. The National Recreation & Park Association (NRPA) has named this year's theme "Get Your Play On."

The City of Port St. Lucie Parks & Recreation Department is celebrating Park and Recreation Month and all the ways parks and recreation has the power to transform our daily lives. From providing places to play, get fit and stay healthy to fostering new relationships and forging a connection with nature, our close-to-home community park and recreation facilities provide essential services and improve quality of life.

Did you know?

- ✓ Parks are a great value: four out of five Americans concur that local parks are well worth the tax dollars spent on them.
- ✓ The Centers for Disease Control found that increased access to places for physical activity led to a 25.6 percent increase in people exercising three or more times per week.
- ✓ Children who have easy access to a playground are approximately five times more likely to have a healthy weight than children that do not have easy access to playgrounds.

The City of Port St. Lucie Parks & Recreation Department will celebrate Park and Recreation Month primarily through festivities at the 2017 Freedomfest, the largest fireworks display on the Treasure Coast on Tuesday, July 4, at the PSL Civic Center, from 2 to 10 p.m. At Freedomfest, 13 to 20 year-olds who complete a brief leisure needs survey will receive a FREE "Get Your Play On" t-shirt, and those who enter the pizza and/or hotdog eating contest will also win a FREE "Get Your Plan On" t-shirt.

Throughout the month of July, one FREE class in one of our many recreational programs is available for those who come to either the Community Center, Civic Center, Minsky Gym or Saints Golf Course. Come join the fun at our centers and GET YOUR PLAY ON!

NRPA is celebrating the month by hosting a weekly contest encouraging people to show them why play is so important in their lives. Visit [www.nrpa.org/July](http://www.nrpa.org/July) for more information on how to participate. Entries can be submitted via the hashtag #NRPAPlayChallenge. NRPA also encourages all people that support parks and recreation to share why they think play is so important with the hashtag #PlayOnJuly. Stay in touch with the City's Facebook and Twitter pages for ideas on ways to Get Your Play On in PSL throughout the month.

To learn more about Park and Recreation, visit [www.cityofpsl.com/parks-recreation](http://www.cityofpsl.com/parks-recreation) and [www.nrpa.org/July](http://www.nrpa.org/July).

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*The City of Port St. Lucie is proud to be a hometown where people live, learn, work and play, and celebrate all of life's opportunities. With over 179,000 residents, Port St. Lucie is Florida's eighth largest city by population (South Florida's 3rd largest city). The City occupies an area of 120 square miles in St. Lucie County on Florida's east coast, about 50 miles north of West Palm Beach, half way between Miami and Orlando. The City provides most traditional municipal services including law enforcement, water and sewer, and public works. For more information, please visit: [www.cityofpsl.com](http://www.cityofpsl.com)*

