

# **Children's Outdoor Bill of Rights Supported by Governor**

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At a time when there is increased public concern over children's obesity, inactivity and detachment from the outdoors, California's Governor is encouraging children and their families to spend more time in the great outdoors.

This past week (Friday, July 6), Governor Arnold Schwarzenegger signed a proclamation supporting the California Children's Outdoor Bill of Rights which includes ten easy and fun things that every child should have the opportunity to experience between the ages of four and 14, including to: discover California's past, splash in the water, play in a safe place, camp under the stars, explore nature, learn to swim, play on a team, follow a trail, catch a fish and celebrate their heritage.

In endorsing the California Children's Outdoor Bill of Rights, Governor Schwarzenegger stated, "Spending time in the great outdoors can be a wonderful experience for people of all ages, and this is especially true for our youth. Participating in outdoor activities is not only an enjoyable way for kids to get the exercise they need, it also helps them develop a greater appreciation for our magnificent environment."

Conceived by the California Roundtable on Recreation, Parks and Tourism (CRRPT); an ad hoc group of public and private organizations from federal, state and local levels; the California Children's Outdoor Bill of Rights encourages California kids to get outdoors, to play outside and discover their world. CRRPT Chair, Nina Gordon, says "every child should have the opportunity to experience each of the items in the Children's Outdoor Bill of Rights before they reach the age of 14, but all too often today kids aren't exercising, playing and exploring the outdoors. Several studies document that children who do these things are healthier, do better in school, have better social skills and self-image, and lead more fulfilled lives."

In response to those findings, Governor Schwarzenegger proclaimed, "I encourage parents, educators and other concerned citizens to do all they can to help our state's children experience and enjoy the wonders of Mother Nature; and there is no better place to experience them than right here in our beautiful Golden State."

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