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UNPLUG ILLINOIS SATURDAY JULY 15 TO ENCOURAGE PEOPLE TO UNPLUG AND PLAY

Park and recreation agencies around Illinois will help people “unplug” and discover the physical, social, emotional and mental health benefits of unplugging

July, 5 2023—On Saturday, July 15, 2023, Illinoisans all over the state will unplug from electronics and “plug into” play, nature, creativity, adventure, family, and fun. Created by Illinois Park and Recreation Association, Unplug Illinois Day celebrates the physical, social, emotional and mental health benefits of unplugging. Park and recreation agencies across the state will hold events and activities, including campouts, fishing derbies, pool days, fun runs and much more.

From O’Fallon to Lindenhurst, South Elgin to Richton Park, Illinois residents can engage in “unplugged” activities. The goal: turn one day—July 15—into a lifetime of appreciation for enjoying the outdoors and trying new experiences.

See the activities planned at <https://community-calendar.ilipra.org/>

Unplugging is important for better health. In a 2020 CDC study, it was found that 37% of U.S. adults are obese, while an additional 33% are overweight. Contact with nature offers a range of medical benefits including lower blood pressure and cholesterol, enhanced survival after a heart attack, quicker recovery from surgery, and fewer minor medical complaints according to a study conducted by the Institute for Natural Medicine in 2018.

Research conducted by the National Recreation and Park Association (NRPA) goes even further to reveal that by centering health equity and embedding it into all that we do, we can ensure that all people — regardless of race, class, ability, or identity — have a fair and just opportunity to achieve positive health and well-being outcomes.

“Staying active and having fun is made easy and convenient by visiting your local park and recreation agency. Not only does this benefit you, it also helps promote a healthy community,” says Barbara Arango, Executive Director of the Illinois Park & Recreation Association (IPRA). “Whether you fly a kite, learn all about bugs, or camp under the stars, we hope you’ll join in on the celebration of Unplug Illinois Day.”

Follow along on Instagram and Facebook at unplugillinois.org.

Unplug Illinois Day is sponsored by Cunningham Recreation, National Fitness Campaign, GameTime, and Speer Financial, Inc.

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ABOUT IPRA-

Established in 1944, the Illinois Park and Recreation Association's mission is to provide and promote exceptional standards of education, networking, and resources for all professionals in the Illinois park, recreation, and conservation communities. For more information about IPRA, its board and mission, please visit the IPRA website: www.ILipra.org

ABOUT UNPLUG ILLINOIS-

Unplug Illinois Day is part of an ongoing, state-wide initiative to get communities to plug into play, plug into creativity and plug into activity. It gets people throughout Illinois to ditch their electronic devices and plug into fun and activities at local park and recreation agencies. Every year, on the second Saturday of July, Unplug Illinois Day encourages people to 'plug into' all of the recreational opportunities their local park and recreation agencies offer.

On **Saturday, July 15, 2023**, across the state local park and recreation agencies will host a variety of events to celebrate Unplug Illinois Day.