



# Proclamation

## PARK AND RECREATION MONTH

July 2024

**Whereas,** parks and recreation is an integral part of communities throughout this country, including the City of Manteca; and

**Whereas,** parks and recreation promotes health and wellness, improving the physical and mental health of people who live near parks by spending time in nature, which increases cognitive performance and well-being, and alleviates illnesses such as depression, attention deficit disorders, and Alzheimers; and

**Whereas,** parks and recreation encourages physical activities by providing space for popular sports, hiking trails, swimming pools and many other activities designed to promote active lifestyles, they are also the leading provider of healthy meals, nutrition services and education; and

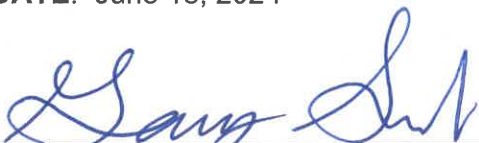
**Whereas,** park and recreation programming and education activities, such as out-of-school time programming, youth sports and environmental education, are critical to childhood development; and

**Whereas,** parks and recreation increases a community's economic prosperity through increased property values, expansion of the local tax base, increased tourism, the attraction and retention of businesses, crime reduction, and is fundamental to the environmental well-being of our community; and

**Whereas,** our parks and natural recreation areas ensure the ecological beauty of our community and provide a place for children and adults to connect with nature and recreate outdoors; and

**Now, Therefore,** I, Gary Singh, Mayor of the City of Manteca, on behalf of City Council, do recognize that July is Park and Recreation Month, and urge all citizens to enjoy the parks and recreational facilities and activities in the City of Manteca.

DATE: June 18, 2024

  
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Mayor Gary Singh

