

Governor to kids: Get out and enjoy state park system

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Governor Jim Douglas today launched the No Child Left Inside challenge – a program to encourage young Vermonters to get outside and enjoy Vermont's many parks and historic sites.

The No Child Left Inside program will run through the entire month of July. Participants are encouraged to keep track of their activities and fill out a simple scorecard, including stories or pictures, outlining their activities. The scorecard is available on Gov. Douglas' website.

At the end of the month, participants can leave their scorecard at any Vermont State Park or mail it to the Department of Forest, Parks and Recreation for a chance to win prizes, including free camping or a family hike with Gov. Douglas.

According to the Vermont Department of Health, 30 minutes of physical activity a day for adults and 60 minutes a day for kids can improve health and well-being and dramatically reduce the risk of chronic and costly diseases.

The program – part of the governor's Fit and Healthy Kids Initiative – is a collaborative effort among various state agencies and Vermont's outdoor recreation and health organizations.

For more information about the Fit and Healthy Kids initiative and childhood obesity, visit the Vermont Department of Health Web site at www.HealthyVermonters.info.

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