

RESOLUTION 2023-04

DECLARING MARCH 30, 2023 AS NATIONAL TAKE A WALK IN THE PARK DAY.

WHEREAS, When cities are being designed one of the primary things they ensure to make space for is city parks. From small parks the size of just a couple of blocks to large ones that cover acres of land, city planners know the importance of providing green areas for people to go.

WHEREAS, National Take a Walk in the Park Day celebrates these small excursions and the differences they can make to our mental, physical, and emotional health.

WHEREAS, This day was founded to help people reconnect with the wilder spaces within our civilized world. Thousands of people all over the country walk in local parks, exploring the wildlife and beauty of the natural world around them.

WHEREAS, During these walks many opt to bring cameras so they can take pictures of the beauty they find, others opt to bring a book and enjoy the peace of the natural space. Jogging, playing games, drawing pictures from nature, all of these are things people do when they go out and enjoy time in the park.

WHEREAS, Getting out into nature has been proven to have a number of therapeutic effects on those who take the time to do it. Their stress levels go down, their heart and mind feel refreshed, their creativity gets inspired, and they become more productive at work. All of this doesn't even include the physical health benefits they get from walking in the park.

WHEREAS, Keeping our bodies in motion and remaining active are important parts of our long term health. Daily walks help keep joints healthy, our muscles limber, and our hearts beating steadily. Every day you walk walking gets to be just a little bit easier and you'll find yourself less tired than the day before. National Take a Walk in the Park Day encourages you to get out and do that, every day of the year.

NOW, THEREFORE, I, David Hemmer, Mayor of the City of Prairie du Chien, Crawford County, Wisconsin, do hereby proclaim that March 30, 2023 shall be designated as TAKE A WALK IN THE PARK DAY and do encourage all residents to partake, and celebrating this holiday with a simple as go take a walk in the park!

Adopted this _____ day of March, 2023.

By a vote of: _____ in favor, _____ against, and _____ abstain.

David Hemmer, Mayor of the City of Prairie du Chien

Chad Abram, City Administrator of the City of Prairie du Chien