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President Proclaims June to be Great Outdoors Month

CAMP HILL – President Barack Obama proclaimed June to be Great Outdoors Month and encouraged Americans to pay tribute to and protect its outdoor resources.

“Americans of all ages can find calm and enjoyment in our nation’s vast outdoors. Those desiring quiet or solitude can explore one of our many National Parks, which offer tranquil and pristine surroundings. Those seeking recreation can also explore public lands, or they can simply run, bicycle, or fish in areas close to their homes. Whether near or far, the outdoors offers unique experiences.

Exploring the great outdoors can also improve one’s health. These spaces provide countless venues for walking, hiking, running, swimming, and boating, among other activities. Americans can combine the enjoyment of being outside with the exercise we all need to stay healthy,” the proclamation announced.

According to GoRVing.com, 70 percent of RVers say they walk more when on RV trips than when they are at home. Increased physical health is not the only benefit. RVers said they are also mentally healthier and happier than non-RVers. Children benefit greatly from being in the outdoors. According to research from Harvard Professor Dr. John Ratey, outdoor activities help increase learning, regulate mood and improve self-esteem and motivation in children.

The outdoors also proves to be a great way to spend time with family. During the 2008 Presidential campaign, Obama stated, “As soon as this convention is over, we are loading up our kids in an RV. We are traveling around to county fairs, eating ice cream, and taking our two girls to the swimming pool.”

The proclamation continues, “Americans are fortunate to have so many beautiful natural wonders and open spaces. I encourage all in our Nation to enjoy these resources and to help protect them for future generations. Together, we can carry forward our Nation’s proud tradition of admiration and preservation of the great outdoors.”

RVing is one of the best, and most affordable, ways to see the great outdoors and explore all it has to offer. And there’s no better place to see the latest in RVs than at America’s Largest RV Show held September 16 – 20, 2009 at the GIANT CenterSM in Hershey, PA. For more on RV adventures or to view PA’s camping guide *Explore PA*, visit www.parving.com. Why? Because you shouldn’t have to spend a lot on something called free time.

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