



For Immediate Release

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Get Out and Play Day – 2011: For Kids and Kids-at-Heart

Experts agree that outdoor play has many positive benefits for children. It promotes an active lifestyle, increases fitness levels, improves a child's ability to learn and, last but not least, it's FUN! Studies also indicate that stress levels fall within minutes of interacting with nature.

In the last two decades, childhood has moved indoors. Why not reconnect your children with nature and the great outdoors by visiting the Metro Beach Nature Center on Get Out and Play Day? This event is designed to inspire children and their families to get out and play more often and explore the world around them.

The park will be filled with exciting and challenging activities for children and their families: nature hikes/scavenger hunts, rock wall climbing, hay wagon rides, orienteering, sand play and castle building, learning about gardening, and enjoying nature songs with family entertainer Joe Reilly. There will even be an obstacle course and a free raffle for a children's bike or a family game. Various community groups will also attend to show families how they can be more active and enjoy nature year round.

Nature activity and story books will be available for purchase. Healthy snacks will be provided, but feel free to pack a lunch and stay for the day. The park has many additional family-friendly activities to enjoy.

Get Out and Play Day is Saturday, October 1, 2011. It will be held at the Nature Center at the Metro Beach Metropark in Harrison Township from 11:00 a.m. until 3:00 p.m. The event is free with a \$5 park entry fee per car or annual pass.

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