



PRESS RELEASE

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Unplug from Electronics, Plug into Parks

Photo: [Unplug Illinois takes place on Saturday, July 11](#)

Lisle, IL – Lisle Park District is excited to join parks and recreation agencies across the state for Unplug Illinois, to raise visibility and awareness of the environmental sustainability, wellness and economic impact parks and recreation agencies have on the communities they serve.

On Saturday, July 11, we're encouraging residents to take a break from their phones, computers, and other technology and 'plug into' the opportunities parks provide. The goal is to help communicate the value of parks in providing healthier, sustainable communities, and the benefits of play for all. Due to COVID-19, we encourage all unplugging to be done safely, following state guidelines, and wearing masks when space doesn't allow for social distancing.

According to a study done by Common Sense Media, teens in the United States average over seven hours of screen time per day. The Department of Health and Human Services noted in 2017, that only one in three adults receive the recommended amount of physical activity each week. By putting down phones and plugging into activity, creativity, nature, and play, even for just 30 minutes, blood pressure can improve, stress and anxiety can be reduced, and brain function can be improved.

Turn off the electronic devices with us and plug into fun! Stop by one of our [43 parks](#) and enjoy walking paths, playgrounds, and more. To learn more about Unplug Illinois, visit unplugillinois.org. To find a Lisle Park District park near you, visit lisleparkdistrict.org.

The Lisle Park District provides a variety of leisure activities for people of all ages throughout the year. Park district facilities include Lisle Community Park; the Recreation Center which houses Gentle Learning Preschool, SEASPAR, the Senior Center, and multipurpose rooms; Sea Lion Aquatic Park; River Bend Golf Course; Wheatstack – A Midwestern Eatery & Tap and numerous neighborhood playgrounds and parks offering amenities such as tennis courts, ball fields, walking paths and picnic areas totaling close to 400 acres. It is the mission of the Lisle Park District to enrich the quality of life for people of all ages by providing constructive and

creative leisure opportunities. For more information about the Lisle Park District, please call 630-964-3410 or visit lisleparkdistrict.org.

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