

National Parks & Recreation Month



This month, we're joining the nationwide celebration of [National Parks & Recreation Month](#)—a perfect time to reconnect with nature, recharge our energy, and make the most of Vermont's incredible outdoor spaces.

This year's theme? **Serenity in Blue: Embracing Wellness Through Nature's Calming Waters!** We're encouraging everyone to find a local body of water—lake, river, pond, or stream—and let nature work its magic on your mental and physical health.



Explore Vermont State Parks by the Water:

Use the VT State Park "[Park Finder](#)" tool. Scroll down the homepage and filter your search by amenities like:

- Swimming
- Fishing
- Canoe/Kayak Access
- Boat Launch
- Boat Rental

Whether you're looking for a peaceful paddle, a refreshing swim, or a family fishing spot, this tool can help you find your perfect destination.

Tips For Making the Most Out of Parks This Summer...

1. **Make it a Habit:** Set a goal to visit at least one new park each month. You'll discover new scenery, trails, and maybe even a new favorite swim spot.
2. **Pack Smart:** Bring along sunscreen, a reusable water bottle, a towel, and insect repellent. If you're heading out on the water, don't forget a lifejacket!
3. **Go Off-Peak:** Visit early in the morning or later in the afternoon to avoid crowds and midday heat. It's a great time for quiet reflection and peaceful outdoor time.
4. **Get Active:** Try something new – like [paddleboarding](#) or kayaking – or visit a classic like skipping stones or wading in a river.
5. **Go with Friends or Family:** Time outdoors is even better when shared. Plan a weekend picnic, bring the kids to a beach area, or organize a group paddle outing.

Did You Know?

Spending just **20 minutes in nature** has been shown to lower stress hormones, improve mood, and boost focus. Imagine what a full afternoon on the lake can do!

For more information and resources on getting active outdoors, visit your Be Well Vermont Wellness Platform: www.bluecrossvt.org/bewellvt



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