



keepaustinplaying



Celebrate National Parks & Recreation month!

at **Palmer Events Center**

JULY

15

2015

3PM to 7PM

Keep Austin Playing is a day created by the Austin Parks and Recreation Department to enrich, educate, and empower the Austin Community.

We aim to cultivate a lifestyle change towards healthy, positive behaviors and attitudes.

Why is there a Need:

Childhood Obesity in the State of Texas:

- Nearly a third of Texas children (ages 10 - 17) are overweight or obese.
 - Texas is among the worst 25 states for obesity prevalence.
- Hispanic children have the highest overweight and obesity rates
 - 47% of Texas Hispanic children were obese, compared to 26% of black non-Hispanic children, and 23% of white non-Hispanic children.
 - 34% of the City of Austin & Travis County populations are Hispanic or Latino.

Travis County:

- The leading causes of death are chronic diseases such as cancer, heart disease, stroke, chronic lung disease and diabetes.
 - These causes account for nearly 3 out of 4 of the deaths in Travis County.
 - Lack of physical activity and poor nutrition are major causes of these costly, preventable chronic diseases.



Activities will include a climbing rock wall, blow up baseball batting practice, obstacle courses, a bike rodeo and so much more!

