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NRPA Supports You Can! Steps to Healthier Aging

For Immediate Release

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ASHBURN, Va.--The National Recreation and Park Association has become a partner in the national outreach campaign You Can! Steps to Healthier Aging, which is designed to increase the number of older adults who are active and healthy by encouraging them to eat better and move more. A key component to the Department of Health and Human Services' (HHS) Steps to a HealthierUS initiative, You Can! is managed by the U.S. Administration on Aging (AoA).

You Can! is taking direct aim at the rising epidemic of chronic disease and obesity among Americans of all ages, including older adults. Medical evidence shows that better diet and regular moderate physical activity may help prevent, delay, and treat serious health conditions, including chronic diseases such as diabetes, heart disease, stroke, high blood pressure, and some types of cancer.

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Research proves that people who make better nutrition choices and who are physically active on a regular basis are more able to perform the activities of daily life and continue to live on their own longer. Also, adopting better eating habits and regular moderate activity is easier than many older Americans think.

As a You Can! Champion Partner, the National Recreation and Park Association is encouraging park and recreation professionals to join the campaign and spread the word about the importance of making healthier lifestyle choices. Beginning September 1, local agencies can visit the [You Can! Web site](#) to receive a toolkit and recognition as a community partner. Community partners will have access to a partners-only area that offers networking opportunities, valuable online tools, and information for conducting and publicizing community outreach activities.

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The National Recreation and Park Association is a national nonprofit organization dedicated to advancing park, recreation and conservation efforts that enhance quality of life for all people. Through its network of 23,000 recreation and park professionals and citizens, NRPA encourages the promotion of healthy lifestyles, recreation initiatives, and conservation of natural and cultural resources. Headquartered in Ashburn, Va., NRPA works closely with local, state, and national recreation and park agencies; citizen groups; and corporations to carry out its objectives. Priorities include advocating favorable legislation and public policy, increasing public awareness of the importance of parks and recreation, continuing education for park and recreation professionals and citizens, professional certification and university accreditation, and research and technical assistance. For more information, visit www.nrpa.org.

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