

# NEWS RELEASE



**FOR IMMEDIATE RELEASE:**

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## **Let's Move Outside! More Action, new rewards for Junior Rangers at Redwood National & State Parks**

We dare you to try and keep up with the Junior Rangers at Redwood National & State Parks! It's fun and healthy to play in the parks and now National Park Junior Rangers get an extra reward for moving it outside.

Redwood National & State Parks is one of 20 national parks kicking off *Let's Move Outside* Junior Ranger programs. *Let's Move Outside*, led by the Department of the Interior and the Department of Agriculture,

provides tools and information to parents to make it easy to enjoy the outdoors and be active and healthy. It is part of First Lady Michelle Obama's nationwide campaign to end childhood obesity within a generation.

**"Young people inspire us; we want to help them be healthy and curious for life. It starts with family fun. We want to help parents learn the skills they need to enjoy the outdoors with their kids," National Park Service Director Jon Jarvis said.**

Young people who complete at least one physical activity in pursuit of their Junior Ranger badge receive a special sticker that designates them as a *Let's Move Outside* Junior Ranger. Stickers may be earned by joining one of the parks' Ranger-led Junior Ranger programs offered in campgrounds, or hiking one of the many park trails with their family. A day of hiking in the parks is not only great exercise, but also an incredibly fun way to see and learn about the park.

By summer's end, 50 national parks will offer *Let's Move Outside* Junior Ranger programs. Before heading out, families can look at [www.letsmove.gov/outside](http://www.letsmove.gov/outside) for more information about activities and participating parks. This website hub will link families to the great outdoors and give tips and ideas on

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how to best plan and enjoy an active adventure. The National Park Service provides 84 million acres to explore, so there are many places and ways to move outside!

For information on the times and locations of Junior Ranger activities at Redwood National & State Parks, call 707-465-7335, or stop by any park visitor center.

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