



National Park Service
U.S. Department of the Interior

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Let's Move Outside: New Junior Ranger Program at Fire Island

Today, the National Park Service kicks off *Let's Move Outside* Junior Ranger in 20 parks, including Fire Island National Seashore. National Park Junior Rangers will not only have fun and get exercise but also receive an extra reward for working up a sweat.

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. The activities range from adventures like hiking with a ranger at Grand Canyon National Park to body surfing at Canaveral National Seashore and canoeing at Mississippi National River and Recreation Area, to climbing to the top of the Fire Island Lighthouse tower!

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. It is part of First Lady Michelle Obama's nationwide campaign to end childhood obesity within a generation.

"The *Let's Move Outside* program in our national parks provides a wonderful way for parents to help their children gain a passion for outdoor recreation while teaching them about our nation's beautiful lands, our rich cultural heritage, and our storied past," said Secretary of the Interior Ken Salazar.

"Young people inspire us; we want to help them be vigorous and curious for life. It starts with family fun. National parks are amazing places where exercise is disguised as adventure, and we sneak in some learning too," National Park Service Director Jon Jarvis said.

The program engages young people from all backgrounds in a range of educational programs and self-guided activities on America's public lands and waters. From hiking and biking, to swimming, paddling, and horseback riding, these activities promise to be fun, healthy, and family friendly.

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The National Park Service cares for special places saved by the American people so that all may experience our heritage.

Fire Island National Seashore's *Let's Move Outside!* Junior Ranger program offers kids and parents the chance to participate in a number of activities, including:

- **Fire Island Lighthouse tower tour**
- **Exploring the Salt Marsh canoe tour at Watch Hill**
- **Sunken Forest Expedition at sailors Haven**

“This is not only good exercise, but these activities are a great way for families to explore the natural and cultural features of the Seashore,” said Superintendent Chris Soller.

By summer's end, 50 national parks will offer *Let's Move Outside* Junior Ranger. Before heading out, visit www.letsmove.gov/outside for more information about activities and participating parks. This website will link families to the great outdoors and give tips and ideas on how to best plan and enjoy an active visit.

The 20 parks launching today:

- **Canaveral National Seashore, Florida**
- **Cuyahoga Valley National Park, Ohio**
- **Denali National Park and Preserve, Alaska**
- **Effigy Mounds National Monument, Iowa**
- **Fire Island National Seashore, New York**
- **Fort Dupont Park, Washington, DC**
- **Grand Canyon National Park, Arizona**
- **Great Sand Dunes National Park and Preserve, Colorado**
- **Great Smoky Mountains National Park, Tennessee and North Carolina**
- **Harpers Ferry National Historical Park, West Virginia**
- **Indiana Dunes National Lakeshore, Indiana**
- **Mississippi National River and Recreation Area, Minnesota**
- **Mount Rainier National Park, Washington**
- **New River Gorge National River, West Virginia**
- **Prince William Forest Park, Virginia**
- **Redwood National and State Parks, California**
- **Rock Creek Park, Washington, DC**
- **Shenandoah National Park, Virginia**
- **Sleeping Bear Dunes National Lakeshore, Michigan**
- **Yellowstone National Park, Wyoming, Montana**



For more information about Fire Island National Seashore, visit the park's website at www.nps.gov/fiis.

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