



Experience “Watt’s” Going On in (City/County Name)!

Learn, socialize, energize, exercise, have fun, conserve energy and reduce your family’s monthly electricity bill—all at the same time!

As we head in the summer months, California’s energy crisis continues. It is imperative that each of us do our part individually, locally and statewide to safeguard and conserve energy resources. Opportunities abound for your family to reduce your electricity consumption by raising the thermostat on your air conditioner, turning off your appliances and turning to the outdoor or indoor activities offered through your local park and recreation department. There is always something spectacular or new awaiting California kids, teens, adults and seniors outside the home.

Some Park and Recreation Activity Suggestions

- Enroll kids and teens in a supervised recreation program
- Attend special events – concerts, festivals, outdoor markets, etc.
- Participate in activities at the local community center
- Lay in the shade
- Barbecue
- Picnic
- Go for a swim
- Join a sports league
- Take a class
- Explore a nature area
- Read a book under a tree
- Play cards, checkers or chess with a friend in the shade
- Plan a trip to your local library
- Have a neighborhood gathering in a park
- Get acquainted with people in your community

Think of the parks in your community as an extension of your own backyard. By choosing to participate in the healthy, safe, enjoyable activities available to you, you are helping to ensure energy conservation is a top priority within your entire community. The back of this brochure lists just some of the activities or special events offered through your Park and Recreation Department.

Stay Healthy

Here are a few general health tips to help you make the most of your outdoor excursions.

- **Use sunscreen and lip balm** — to protect against UV rays. Use a waterproof or water resistant sunscreen rated at least 15 SPF.
- **Keep infants out of the direct sun** — head for shaded areas to reduce exposure to the sun
- **Set limits in the sun and plan activities around the sun:** Try to stay in the shade between 10:00 a.m. and 4 p.m. when sun’s rays are the strongest
- **Grab a hat** — (at least a 4” brim) & wear it!
- **Avoid** alcohol, caffeine and large, high protein meals
- **Wear UV-protective sunglasses** — protect your eyes
- **Cover up** — wear tightly-woven, loose fitting clothes
- **Take your water bottle** — Drink plenty of water! Don’t wait to be thirsty. Dry mouth may indicate you are already dehydrated. Be aware that dehydration can cause heat exhaustion and heat stroke.

Take a Look at “Watt’s” Going On in (City/County Name)!



Brochure provided courtesy of:

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