



A Different Kind of TIME OUT

A New Year's Resolution Your Kids Will Appreciate Be Out There Resolution To Know, Go, and Grow in 2010

December 28 (Reston, VA)—Many will once again resolve to get organized or lose ten pounds in the new year, but National Wildlife Federation (NWF) is recommending a resolution with profound impacts because it recaptures an essential part of childhood, outdoor play. By making the [2010 Be Out There Resolution](#) to spend more time outside in 2010, Americans will be making a resolution that's both good for their families and fun to keep. Everyone who makes the 2010 Be Out There Resolution will receive the **Know, Go and Grow Be Out There Toolkit** with important facts, fun tips and interactive tools to help them keep the resolution.

Outdoor time significantly enhances children's physical and mental well-being, but, sadly, today's kids don't get much. In the last two decades, childhood has moved indoors. While previous generations ran around in nature until called in for dinner, modern children spend only *four to seven minutes* outdoors per day. Research in the fields of public health, psychology, and medicine documents the toll an "indoor childhood" takes on kids. NWF launched the Be Out There movement (www.BeOutThere.org) to return to the nation's children something they don't even know they've lost, their connection to the natural world.

"To address childhood's fundamental shift indoors, we are asking parents to make the 2010 Be Out There Resolution to Know, Go and Grow," says National Wildlife Federation's Vice President of Education, Kevin Coyle. "We want them to *know* and understand the importance of outdoor time; to *go* outside more with their kids and *grow* the Be Out There movement by spreading the word and inviting friends along."

Children reap wide-ranging and numerous benefits when encouraged to interact with nature in an outdoor setting including better eyesight, enhanced physical fitness and less obesity, increased classroom preparedness and lower levels of stress and depression.

There's a reason they call it the great outdoors™. NWF hopes parents will show their children what that reason is by making the 2010 Be Out There resolution at beoutthere.org/resolution. This is one Time Out kids will actually enjoy.

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