



CITY OF MERIDIAN

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## **MERIDIAN HOSTS UNPLUG AND BE OUTSIDE WEEK TO PROMOTE HEALTHY ALTERNATIVES TO SCREEN TIME**

MERIDIAN – The Meridian Parks and Recreation Department is hosting the fourth annual *Unplug and Be Outside Week*, April 20 – 25. The department has put together free activities, workshops and events throughout Meridian to inspire and empower families to get off the couch and get active.

“This annual celebration is intended to educate families about the negative effects of too much ‘screen time’ and challenge them to explore the endless recreation opportunities in our community,” said Mayor Tammy de Weerd, City of Meridian.

Over the past 30 years, the obesity rate in children 6-11 years old has quadrupled and researchers say there’s a connection between the number of hours spent in front of a television and childhood obesity. The average American child spends more than 30 hours a week in front of a screen (TV, computer, and video games).

“That’s why we put together *Unplug and Be Outside Week*. We want to provide opportunities for families and show them the abundance of activities available in our community away from TV and computers,” said Colin Moss, Meridian Recreation Coordinator and Event Organizer.

Some of the diverse activities for the whole family include tennis, golf, fishing, martial arts, dance clinics, to more unique offerings like a GPS scavenger hunt, gardening classes, family yoga, and theatre workshops. The Boys and Girls Club and Meridian Library will also be hosting events.

One of the highlights of the week is the Family Tennis Fair and Ribbon Cutting to celebrate the opening of the new Settlers Park Tennis Court Complex. It will take place on Friday, April 24 from 4:30pm – 7:30pm with the ribbon cutting scheduled for 5:30pm.

To learn more and to view the complete schedule for this year’s *Unplug and Be Outside Week*, visit our website: [www.meridiancity.org/unplug/](http://www.meridiancity.org/unplug/).

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The City of Meridian is located in the center of the Treasure Valley in southwest Idaho. Founded in 1893 and incorporated as a city in 1903, Meridian is now one of Idaho's largest and fastest growing communities. Meridian is cited by Money Magazine as one of its Top 50 Best Places to Live, and by America's Promise Alliance and ING as one of the nation's 100 Best Communities for Young People. For more information, visit [www.meridiancity.org](http://www.meridiancity.org).