



Town Of Miami Lakes

15700 NW 67 Avenue • Miami Lakes, FL 33014

(305) 364-6100 / Fax (305) 558-8511

www.miamilakes-fl.gov

For immediate release-

Contact: Jessica Fernandez

(305) 364-6100 ext 102

fernandezj@miamilakes-fl.gov

Why Play is Important for our Children

By Miami Lakes Mayor Michael Pizzi

July 23, 2009

Miami Lakes, Florida- I want to take a moment to ask you an important question: think back to when you were a child and recall when and where some of your favorite childhood memories occurred.

If you're like me, playing on the playground was the first thing that popped into your mind. Of course, it doesn't necessarily have to be a playground. It could be a swimming pool or a sandlot baseball field or a hiking trail or anywhere where children were allowed to be children so that they could run around, have fun and play.

For a host of reasons, I believe most have forgotten just how critical play is for children. Studies continue to indicate that children who engage in an ample amount of play during the course of a day are apt to be fitter, healthier and perform better in school.

We take play among our children quite seriously, which is why it gives me great satisfaction to inform residents that national non-profit KaBOOM! recognized Miami Lakes as one of 93 Playful City USA communities in 2009. This program honors cities and towns across the country like Miami Lakes who are making a commitment to the importance of play and the well-being of children.

In Miami Lakes, our leadership has taken important steps to ensure that our children of all abilities have access to quality places to play. We are hosting three play day events to engage the community about the benefits of play. In addition to the recent accomplishment of having a fully funded Bounless Playground that will open before the year's end at the Miami Lakes Optimist Park, the Youth Activity Task Force hosts over 10 events a year, from the Town's Haunted House, Movies at the Park, and the annual Bike Rodeo, in an effort to voice the benefits of play within the community.

Through the Playful City USA program, Miami Lakes serves as a role model to other communities across the country. Other cities and towns will examine our initiatives and look to replicate them in their communities. This recognition is a true honor and all Miami Lakes residents should take pride knowing that what we do right here is not only making a difference for our children, but likely will benefit children across the country.

You can learn more about our Town programs by visiting our website at www.miamilakes-fl.gov by calling Katya Lysak or Jessica Fernandez at (305) 364-6100.

###

About the Town of Miami Lakes:

The Town of Miami Lakes incorporated on December 5, 2000 and is one of thirty-five municipalities in Miami-Dade County, Florida. Miami Lakes is home to approximately 27,300 residents and encompasses about 6.8 square miles. Our boundaries are NW 170th Street and the Palmetto Expressway (826) to the north, NW 138th Street to the south, NW 57th Avenue (Red Road) to the east, and Interstate 75 to the west. More information on the Town and its government can be found at www.miamilakes-fl.gov or by calling 305-364-6100.