

May 19, 2011

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Take a break and take your kids to the park Saturday for National Kids to Parks Day.

The May 21 event is part of the First Lady Michelle Obama's Let's Move Outside Initiative to promote healthy lifestyles and foster an appreciation for the parks system on the national, state and local level. According to the Let's Move Outside Initiative, children need at least 60 minutes of active and vigorous play each day to stay healthy.

The City of Burleson maintains 17 parks that encompass a total of 348 acres. There are also three undeveloped parks. The location and amenities of each of those parks are listed on the City website, www.burlesontx.com, Departments, Parks & Recreation, Parks & Amenities. The amenities are linked to the name of each park.

Buddy Bison is the woolly mascot bringing attention to the movement. In honor of the May 21 *National Kids to Parks Day*, the Buddy Bison website, <http://www.buddybison.org/>, includes an area where kids can pledge to visit a park.