



For Immediate Release

148 Primary Care Practices Kick Off the Unofficial Start of Summer with 13,000 Maine State Park Passes Courtesy of *Let's Go!* and State Bureau of Parks and Lands

Portland, Maine (May 20, 2015) – Primary care physicians at 148 practices across Maine who participate in the *Let's Go!* program will be able to provide their pediatric patients and families with more than 13,000 free Maine State Parks Passes courtesy of the Maine Department of Agriculture, Conservation and Forestry's Bureau of Parks and Lands and *Let's Go!*. The free pass is good at any of Maine's 48 state parks and historic sites, with the exception of Baxter State Park, and valid through December 2015.

"Over 2.5 million people experienced the beauty of Maine State Parks last year," said Governor Paul R. LePage. "Our 48 State Parks and historical sites are excellent outdoor places for people to make memories while enjoying an active, healthy lifestyle."

"Maine state parks and historical sites offer a variety of activities; children can swim, bike, paddle or hike their way through the parks," says Ron Hunt, Director of Operations (Acting), Bureau of Parks and Lands. "The parks provide kids with a sense of adventure and expose them to nature at its best. We are pleased to offer these passes to *Let's Go!* and their registered pediatric providers throughout Maine."

Eligible practices received their free passes starting May 18th and will make the passes available to patients beginning May 26th.

"We love being able to offer free passes to our patients and their families," added Roxanne Thomas, the office manager at Bayview Pediatrics in Yarmouth. "These passes provide patients with an extra incentive to act on our advice to move more. Regular physical activity keeps us healthy and increases self-esteem."

"This is the 4th year of an amazing partnership with the Maine Bureau of Parks and Lands, together we're encouraging Maine families to get active and soak in the beauty of our great state," says Victoria Rogers, MD, *Let's Go!* Director. "I can't think of a better way to get 1 hour or more of physical activity."

Let's Go!'s 5-2-1-0 daily message encourages healthy eating and increased physical activity for the whole family:

- 5 or more fruits or vegetables
- 2 hours or less recreational screen time

Let's Go!
22 Bramhall Street
Portland, Maine 04102
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- 1 hour or more of physical activity
- 0 sugary drinks, more water, and low-fat milk

For a list of registered *Let's Go!* practices please visit www.lets-go.org/programs/healthcare

For more information on Maine state parks and historic sites, go to: <http://www.parksandlands.com>

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