

Reconnect With Your Family During National Fishing and Boating Week (June 1 - 10)

(NAPSA)—Is your family stress-ed out? Do you need to relax? Try joining the millions of American's who participate in one of our nation's favorite pastimes—recreational boating and fishing. And what better time to get started than during the first-ever National Fishing and Boating Week, June 1 - 10.

Recent studies show that the deterioration of quality family time is a very real issue facing today's American families. Parents are overworked, children are overscheduled, and the stresses of everyday life are taking a toll on family time.

Fishing and boating provide a positive experience that the entire family can enjoy together. Over one dozen studies have shown that being with family and friends, relaxing, and being outdoors and close to nature are the primary reasons people spend time on the water. Many Americans believe that outdoor recreation strengthens the family as a unit and children as individuals. In fact, studies also show that people who participate frequently in outdoor recreation are more satisfied with life overall.

National kick-off activities for National Fishing and Boating Week will be held in Washington, DC, and local events will take place in communities across the country. Activities are planned for families, children and seniors,



Photo: Courtesy Ginny Fay, National Marine Fisheries Service (NMFS)

and include fishing and boating festivals, educational events, boating safety demonstrations and many other hands-on activities for participants of all ages. It's a wonderful opportunity for families to have fun, create new memories and spend quality time together.

For more information, visit www.NationalFishingandBoatingWeek.org—your complete resource for National Fishing and Boating Week. Not only will you find a listing of events near your home or vacation destination, you can also find dates of state-sponsored, free fishing days (no fishing license required) offered throughout the country.

So get away to a place where there are no cars, no rush hour, no deadlines, and no homework—just a chance to relax. Visit www.NationalFishingandBoatingWeek.org and make plans to reconnect with your family on the water June 1 -10.