

Radio Script/Short Media Article

Green Hour in the New Year

This is <name, affiliation>. This New Year's Eve, as you welcome in the coming year and list your New Year's Resolutions, why not resolve to spend one "green" hour outdoors each day. The National Wildlife Federation's Green Hour Campaign promotes just that, encouraging individuals to devote one hour each day to unstructured outdoor play.

Remember when planning your "green" hour to dress appropriately. Don't let a little rain or snow get in your way. Grab your snow suite or raincoat and enjoy the outdoors year-round.

Did your list of New Year's Resolution's include exercise? Hiking, biking, or jogging are excellent ways to incorporate exercise during your "green" hour.

And don't forget, nature is beautiful at night. Grab your coat, and go stargazing, keep a moon journal, or go on a night hike.

The Green Hour Campaign has a website which includes ideas, activities, and a blog to help you and your family get in your daily dose of "green"! For more information visit www.greenhour.org.

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