



SR0319

LRB103 32410 MST 61869 r

1 SENATE RESOLUTION

2 WHEREAS, On the Saturday of July 15, 2023, people all
3 across Illinois will "unplug", or take a break from using
4 electronic devices, to enjoy everything that their local
5 parks, recreation sites, and conservation areas have to offer;
6 and

7 WHEREAS, Unplug Illinois Day, a public service campaign by
8 the Illinois Park and Recreation Association, was designed to
9 help communicate the value that unplugging offers to
10 residents; and

11 WHEREAS, Studies have shown that unplugging is essential
12 to maintain a healthy lifestyle; and

13 WHEREAS, On average, children spend over seven hours a day
14 in front of a screen outside of school and homework; and

15 WHEREAS, Approximately 43% of Americans aged 18 to 29 use
16 their smartphones at least four hours per day; and

17 WHEREAS, At present, 80% of Americans do not get enough
18 exercise on a daily basis; and

19 WHEREAS, Unplugging at Illinois parks and facilities is

1 one of the most convenient ways to stay active and get
2 exercise; therefore, be it

3 RESOLVED, BY THE SENATE OF THE ONE HUNDRED THIRD GENERAL
4 ASSEMBLY OF THE STATE OF ILLINOIS, that we declare July 15,
5 2023 as Unplug Illinois Day in the State of Illinois; and be it
6 further

7 RESOLVED, That we encourage all citizens to participate in
8 this opportunity by unplugging from their electronic devices
9 and visiting their local parks, recreation sites, and
10 conservation areas.