



HR0594

LRB104 16329 LAW 29716 r

1 HOUSE RESOLUTION

2 WHEREAS, On Saturday, July 11, 2026, people all across
3 Illinois will "unplug", or take a break from using electronic
4 devices, to enjoy everything that their local parks,
5 recreation sites, and conservation areas have to offer; and

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

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

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

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

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

17 WHEREAS, Unplugging at Illinois parks and facilities is
18 one of the most convenient ways to stay active and get
19 exercise; therefore, be it

1 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE ONE
2 HUNDRED FOURTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that
3 we declare July 11, 2026 as Unplug Illinois Day in the State of
4 Illinois; and be it further

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