



THE COMMISSION FOR HEALTH

TC4H

Health Education, Training, and Services

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2/24/2020

The Commission for Health, LLC.

4100 Whitney Court

Bowie, MD 20715

House Bill 1056

Dear Delegate Adrienne Jones,

We are writing to support **HB 1056 Racing and Community Development Act of 2020**, but would like the language to be amended to include that the Bowie Racetrack come to the City of Bowie. My business which is housed in my home at this time is within walking distance to the racetrack and I would love to see it used for recreation and exercise. As a pediatric nurse practitioner, I cannot stress the importance of exercise when it comes to being a healthy individual and how access to recreation positively impacts a community. According to the National Recreation and Parks Association (NRPA), parks and recreation do the following:

- **Help reduce obesity and incidence of chronic disease by providing opportunities to increase rigorous physical activity in a variety of forms;**
- **Provide a connection to nature which studies demonstrate relieves stress levels, tightens interpersonal relationships, and improves mental health;**
- **Foster overall wellness and healthful habits, such as becoming tobacco-free and engaging in enrichment opportunities that add balance to life. (2020)**

In addition, recreational use would have a significantly smaller impact on traffic patterns when compared to the potential increase that would occur if the space was used for residential and/or commercial development. It is for these reasons and many more that we as business owners, and as a family support this bill with it being amended as previously mentioned. Should you have any questions and/or concerns please do not hesitate to contact us tc4health@gmail.com

Graciously,

Alita-Geri Carter, MSN, RN, CPNP-PC

CEO and Founder of the Commission for Health, LLC.

Bowie State University Alumna

University of Maryland, Baltimore Graduate School of Nursing Alumna

Empowering people to be the change that they want to see in their lives, communities, and world