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I am writing to support the bill SB831. In my work I provide mental health services to people with medical problems and every day I see people who would benefit from exercising regularly. I believe that the bill SB831 would increase the opportunities for inhabitants of CT to get outdoors and exercise in order to maintain their health and prevent illness. In addition, teenagers who are engaged in outdoor exercise are less likely to develop cardiac problems and addiction and it would overall decrease the negative impact these problems have on our society.