

## **Benefits of Parks:**

According to the National Recreation and Park Association the benefits of parks and recreation are many.

### **Personal Benefits:**

- 🔗 Ensures a full and meaningful life.
- 🔗 Enhances children's play, which is essential to the human development process.
- 🔗 Helps Youth make positive lifestyle choices and offers alternatives to self-destructive behavior.
- 🔗 Provides the framework to improve a person's self-esteem and positive self-image.
- 🔗 Helps to manage stress in one's life in today's busy and demanding world.

### **Social Benefits:**

- 🔗 Offers structured activities and programs.
- 🔗 Provide social opportunities that help reduce alienation, loneliness and anti-social behavior.
- 🔗 Promotes ethnic and cultural harmony.
- 🔗 Builds strong families, the foundation for vital community.
- 🔗 Provides opportunities for community involvement, and shared management and ownership of public resources.
- 🔗 Ensures that leisure services are accessible to everyone.
- 🔗 Enriches and complements other services for youth through after school and other recreational programs.

### **Economic Benefits:**

- 🔗 Promotes a healthy and productive work force.
- 🔗 Can motivate and attract business relocation and expansion within the community.
- 🔗 Reduces the level of vandalism and criminal activity their associated high cost.
- 🔗 A catalyst for tourism.
- 🔗 Investments in the environment through the provision of parks and open spaces pay for themselves by maintaining ecological balance in an urbanizing setting.
- 🔗 Enhances property values.

### **Environmental Benefits:**

- 🔗 Maintains green space to help filter and reduce run off from developed areas.
- 🔗 Helps to protect natural and historical features of the natural landscape.
- 🔗 Provide habitat for wildlife and flora species.
- 🔗 Can help reduce travel time and offset the effects of pollution.

