



Benefits of Recreation

Personal Benefits

- Recreation and parks build self-esteem and positive self-image.
- Recreation reduces self-destructive and anti-social behavior.
- Recreation and parks build strong families and healthy communities.
- Recreation and active living significantly reduces the risk of coronary heart disease, stroke and diabetes, helps combat osteoporosis and prevents site-specific cancers.

Social Benefits

- Recreation can reduce racism by encouraging cultural integration.
- Parks and recreation increase pride within the community.
- Recreation programs promote leadership, character and career development.
- Childhood recreation activity is associated with adult volunteering and community work.
- Recreation provides connections through trusting networks and provides access to mentors, role models and job contacts.

Economic Benefits

- Recreation facilities and parks are significant economic generators in communities.
- Recreation events and parks are attractions that draw tourists to the community.
- Recreation reduces health care, social service and police/justice costs.
- Parks and green spaces improve the value of property and revenue in adjacent pieces of land.
- Recreation improves work performance through increased productivity, decreased absenteeism and reduced on the job accidents.

Environmental Benefits

- Parks, green spaces and natural areas are essential to ecological diversity and survival.
- Trails and pathway systems save energy and protect air quality by encouraging non-motorized transportation
- Outdoor recreation activities encourage individuals to learn about nature and its value.
- Parks and green spaces reduce the risk of erosion, and improve air quality by reducing carbon dioxide, sulphur dioxide and other air pollutants.