



Parks Improve Our Overall Health

Parks and greenspaces can offer relaxed opportunities to be outside—and that leads to improved physical and emotional health benefits.

All too often in today's screen-focused world, we have witnessed the decline of our society's overall health. Lack of physical activity has led to obesity, diabetes, heart disease, and decreased joint and muscle strength. Improved access to parks allows people to get outside and increase their physical activity. Evidence suggests that access to parks increases physical activity levels by up to 48%.

The benefits of parks directly relate to improved weight, muscle tone, flexibility, endurance, stamina, and vision. There are also emotional benefits. Being in nature reduces stress, calms the mind, improves focus, relieves symptoms of depression and anxiety, and improves your mood. Studies indicate that access to nature brings about feelings of peace, serenity,

relaxation, and calm. Sometimes just knowing nature exists nearby can uplift your mind, body, and spirit.

Cities can improve the health, safety, and general well being of their residents by providing easy unobstructed access to parks. Something as simple as creating greenways, paths, and trails within a community provides options for individuals to get out of their houses, cars, and mindsets—and go for a walk.

As John Muir said, “Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul alike.” Parks provide these places to unwind, to find yourself, and to increase your well-being.

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