



# Parks Improve Our Quality of Life

Parks and greenspaces offer a quiet, timeless, and uninterrupted space for those that describe their lives as scheduled, regimented, and overbooked.

Quality of life is generally defined as the standard of health, happiness, and comfort sought by an individual. What are the things you value most and how would you prioritize them?

Residents in all communities want a great quality of life. But what that means to each person may differ. Some may think that the quality comes from the easy access to transit, while others may say that it is good schools that brings about this feeling. Nobody is right or wrong because the answer is a personal one. It relates back to what each person values.

And, if you ask any real estate agent, they know what people look for when purchasing a home: parks and park amenities are high on the list for both families and businesses. Companies have actually

begun considering establishing business offices near coveted community amenities. Why? This is likely because they provide so many opportunities.

These opportunities can be as simple as a place to play catch with your child, a place that allows you to walk your dog on a meandering sidewalk, or a pretty landscape that you drive by on your way home from work. You don't need to visit a park every day to receive the benefits of them. Just knowing they exist is enough. Parks have intrinsic value.

So the next time you consider relocating, think about the types of things you want to have available to you. Remember, parks provide places to play, relax, recreate, unwind, and enjoy the outdoors.

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