

## The Many Benefits of Recreation!

Recreation is essential to personal health:

- Helps people live longer
- Prolongs independent living for seniors
- Reduces the risk of heart disease and stroke
- Enhances overall health and well being



Recreation is key to balanced human development:

- Essential to the development of our children and youth
- Adult leisure learning provides exceptional opportunities

Recreation is essential to quality of life:

- Builds self-esteem and positive self-image
- Enhances quality of life – for individuals, families, and communities
- Fosters independent living for those with a disability

Recreation reduces self-destructive and anti-social behaviour:

- An antidote to smoking, substance abuse, suicide, and depression
- Reduces crime
- Reduces isolation, loneliness, and alienation



Recreation builds strong families and healthy communities:

- Families that play together, stay together
- Provides safe developmental opportunities for the latch-key child
- Produces leaders who serve their communities in many ways

Recreation and parks are significant economic generators in the community:

- Improves work performances
- Attracts businesses to the community
- Attracts tourism

Parks, open space and natural areas are essential to ecological survival. Green spaces protect habitat, biodiversity, and ecological integrity. Green spaces also improve air quality by removing carbon dioxide, sulphur dioxide, and other pollutants from the air.

(Source: The Benefits Catalogue Canadian Parks & Recreation Association)

