

# RECREATION & HEALTH FACT SHEET



## OUTDOOR RECREATION



### Individual & Community Benefits



#### Social Connection

Shared outdoor experiences and participation in recreational activities can strengthen social bonds, promote community pride, and encourage collaboration among residents.

Rivera et al. 2022  
Leavall et al. 2019



#### Stress Reduction & Mental Health

Outdoor adventure recreation has been linked to improved mood, reduced symptoms of anxiety and depression, and enhanced overall mental well-being. Being in nature can help alleviate feelings of sadness, fatigue, and irritability.

Godbey 2009  
Kondo et al. 2018



#### Connection with Nature

Time in natural settings allows individuals to disconnect from the demands of modern life and reconnect with the natural world, promoting a sense of awe, wonder, and mindfulness.

Bustamante et al. 2022  
Astell-Burt et al. 2022



#### Physical Activity Increases

Outdoor activities such as hiking, rock climbing, kayaking, and skiing provide opportunities for cardiovascular exercise, strength building, and flexibility improvement. Access to parks, trails, and green spaces encourages physical activity, reduces sedentary behavior, and promotes overall health and well-being among residents.

Coventry et al. 2021



#### Youth Development

Participation in outdoor adventures fosters leadership skills, teamwork, resilience, and self-confidence among youth, helping them become engaged and responsible members of the community.

Zubair 2022  
Reed et al. 2022  
Outley et al. 2011



#### Economic Growth

Access to outdoor recreational opportunities, such as nearby parks, trails, and natural areas, can increase property values in a community, and stimulate local economies by attracting tourists and visitors who spend money on accommodations, food, equipment rental, and other goods and services.

Lukoseviciute et al. 2022



#### Tourism Promotion

Events such as outdoor festivals, races, and competitions can draw visitors from outside the area, providing an economic boost to local businesses and stimulating job growth.

Winter et al. 2020