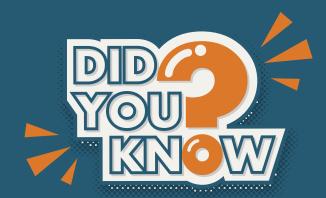


Unlocking Wellness through Parks and Recreation



Exploring how parks and recreation agencies contribute to the health and wellness of individuals and the community at large.



Evidence suggests that Parks and Recreation agencies provide meaningful opportunities for participants to advance their wellness through provision of programs, maintenance of facilities, and stewardship of natural spaces

This Wellness Wheel is adapted from the Substance Abuse and Mental Health Services Administration.

- Physical activity
- Healthy habits
- Disease prevention
- Longevity
- Health knowledge

- Reduced stress
- Mental restoration
- Improved mental health
- Emotion regulation skills

Social connectedness

- Sense of belonging
- Formation of friendships
- Spending time with others

• Meaningful employment

• Identification of hobbies

• Pursuit of work-life balance

• Using unique talents

• Community trust

PHYSICAL WELLNESS **EMOTIONAL WELLNESS**

- Skill development
- Personal growth and goal-setting
- Discovery of new interests
- Improved cognitive functioning (e.g., memory, attention)

OCCUPATIONAL

WELLNESS

SOCIAL

WELLNESS

Wellness **Benefits of**

Parks and Rec

ENVIRONMENTAL WELLNESS

INTELLECTUAL

WELLNESS

- Access to safe and stimulating spaces
- Exposure to nature
- Mitigation of environmental health risks

SPIRITUAL

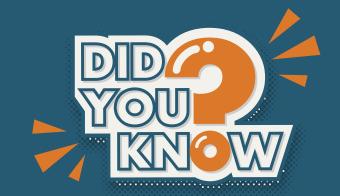
WELLNESS

- Finding a sense of purpose Contributing to the common good
- Exploring culture and community

FINANCIAL WELLNESS

- Free and low cost spaces and activities
- Healthcare savings

The benefits of Parks and Recreation extend beyond individual participants. According to research, Parks and Recreation offerings contribute to the health and wellness of the whole community





- Reduced prevalence of disease
- Improved birth outcomes
- Reduced mortality
- Less mental illness



- Reduced air pollution
- Reduced heat
- Reduced flood run-off



- Improved resident satisfaction
- Improved quality of life
- Higher property values



- Improved community cohesion
- Reduced crime risk
- Improved disaster resilience



- Fewer hospitalizations
- Reduced healthcare costs
- Reduced Medicare spending



