The Power of Green Spaces

Local parks can be a fantastic, and free, resource for your physical and mental health. Whether taking a hike, or using your local tennis courts, parks and recreation resources allow you to enjoy nature and engage with what your area has to offer.

Parks and green spaces have been shown to:

- Promote mental and emotional health. Studies suggest that exposure to nature can reduce stress, restore attention, and improve the immune system.
- Increase physical activity. Close-to-home parks are associated with lower obesity rates and improved health.
- Help curb feelings of isolation providing a comfortable environment for social interaction.
- Promote environmental health. Cities with parks have lower rates of extreme heat and improved air quality.

With all these benefits, be sure to factor in time outdoors. For the full article on the super power of parks, ***click here.***