

# INDIVIDUAL BENEFITS

## PARK AND OPEN SPACE BENEFITS

Many personal benefits are gained through the use of parks and open spaces:



### Individual Benefits

- *Contributes to people's overall well-being and health by providing low-impact recreational activities*
  - *Hiking, fishing, picnicking, bird watching.....*
- *Enhances the quality of people's lives*
  - *Experience and observe nature*
  - *Provide opportunities for learning and living a more balanced productive life*
- *Relaxation, rest, and revitalization through recreation is essential to stress management in today's busy and demanding world.*



*Washington County residents were asked whether they personally benefited from Washington County Parks in a variety of specific ways:*

- |  |     |
|--|-----|
| • <i>Helped improve overall physical health</i>                | 55% |
| • <i>Helped obtain greater appreciation of nature/outdoors</i> | 79% |
| • <i>Helped decrease stress level</i>                          | 77% |
| • <i>Improved quality of life</i>                              | 76% |
| • <i>Helped provide balance between work and play</i>          | 77% |

Source: Resident Views on Parks, Recreation, and Open Spaces in Washington County, 2002 (A random telephone survey of 605 residents)

*Recreation brings meaning, purpose, and pleasure to people's lives.*

*It contributes to both the years in one's life as well as the life in those years.*

*Author Unknown*



*"We need wild places where we can experience the beauty of nature and observe natural biological diversity, where we can enhance our mental and physical health by getting away from noise, stress, and large numbers of people."*

*G. Tyler Miller, Jr.*