



the benefits of ...



RECREATION

1 Recreation and active living are essential to personal health.

- ❖ Reduces the risk of coronary heart disease and stroke
- ❖ Aids in combating osteoporosis and diabetes
- ❖ Prevents site specific cancers (e.g. breast cancer) and back problems
- ❖ Recreation is a proven therapeutic tool contributing to mental health

2 Recreation is a key to balanced human development.

- ❖ Recreation is essential to the development of children and youth through the development of motor skills, social skills, creativity and intellectual capacities and concepts
- ❖ Recreation provides life-long learning opportunities for adults

3 Recreation and parks are essential to quality of life.

- ❖ Recreation, sports and arts/culture build self esteem and positive self image.

4 Recreation reduces self-destructive and anti-social behavior.

- ❖ Recreation reduces loneliness, isolation and alienation
- ❖ Recreation, sports and arts/culture are antidotes to smoking, substance abuse, suicide and depression in youth

5 Recreation and parks build strong families and healthy communities.

- ❖ Recreation, sports and arts/culture build social skills and stimulate participation in community life
- ❖ Families that play together – stay together. Children and youth remain connected; couples that share leisure interests are more likely to stay together
- ❖ Recreation, sports, arts/culture produce leaders who serve their communities in many ways

6 Pay now or pay more later. Recreation reduces health care, social service and police/justice costs.

- ❖ Fitness and well-being reduce both the incidence and severity of illness and disability thereby lowering health care costs
- ❖ Recreation reduces crime and social dysfunction – reducing police, justice and incarceration costs

7 Recreation and parks are significant economic generators in your community.

Recreation, parks and arts/culture:

- ❖ Attract businesses and tourism to the community
- ❖ Are employment generators
- ❖ Improve work performance, increase productivity and decrease absenteeism

8 Parks, open spaces and natural areas are essential to ecological survival.

- ❖ Green spaces protect habitat, biodiversity and ecological integrity



Project partner

Saskatchewan Parks and Recreation Association Inc.

Financial assistance received from:



Source: *The Benefits Catalogue, 1997* Used with permission from the Canadian Parks and Recreation Association