

Placement: Health and Quality of Life | Garden and Green Spaces

PARKS: THE COMMUNITY GYM

Community parks and green spaces contribute to the health of residents by providing them with great places to exercise, without the cost of gym memberships and fees. There is a positive correlation between the proximity of a neighbourhood park and the fitness levels of people in the community. They are more likely to workout when there is a free, safe and aesthetically pleasing green space close by for their jogging, aerobics, yoga, dance, callisthenics or walking exercise.

Increased exercise levels make people happier, and less susceptible to stress, lowers their heart rate and chances of disease such as obesity and diabetes, and helps them be more resilient to minor illnesses. As a result, these residents require less medical attention, resulting in a lower demand for publicly funded medical services.

Plants Love You™ and show it by creating pleasant urban green spaces conducive to beneficial, healthy activities.

Resources:

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