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Recreation, Local Parks, and Their Benefits by [Walter Tully](#)

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People seek to fit in their busy schedules time for leisure and recreation, especially those in the city, due to today's fast-paced modern living. The old proverb "All work and no play makes Jack a dull boy" may be trite, but it mirrors what people do throughout weekends and even after work. While some are content to switch on the television, others actually go to their local parks and recreation centers. What makes going to parks and recreation centers so beneficial?

**Environmental.** Since parks and recreation centers are normally situated in the natural environment, communities that handle them consider safeguarding the surrounding natural environment as their obligation. This shows in the way the community guards the trees and in the practice of moving utility wires underground. Parks and recreation are also open space conservation of forest lands which safeguard drinking water, clear the air of pollutants, and protect wetlands.

**Economic.** The presence of parks and recreation centers boosts the local industries in the areas where they are found. This can be seen in the growth of the tourist industry and the leisure retail industry. For the local population, this suggests more opportunities for the underemployed, the generation of jobs, and the improvement of basic services for locals. Since parks and recreation centers undoubtedly develop land, they also increase the property values and income for the community.

**Personal.** Local parks and recreation centers provide people a venue for exercise, fitness, and conditioning. If you work in the city for forty hours or more a week, the advantages of regular exercise by running a trail at the local park can be useful. It keeps you healthy and relaxed, recharging you for office work. If you prefer playing sports to keep yourself fit, then Glendale parks and recreations have a sports field, training center, and even a rugby stadium.

Learning and education are other benefits as local parks and recreation centers have programs that involve the youth in sports, before and after school programs, and even classes on arts and crafts. Your local Glendale parks and recreation centers are places for fun and entertainment as they offer facilities such as an event center where people can go see films and concerts.

**Social.** The benefits provided by local parks and recreation centers are even more evident in the social sphere. Because they offer a space where people meet and socialize, they increase interaction and group involvement, building communities in the process. If people have a healthy sense of community, they have a tendency to get involved in activities that are productive. People tend to be more responsive and to care more for one another. Glendale parks and recreation centers truly provide venues for community interaction.

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