

# THE POWER OF PARKS



Do you know the power of your local parks and recreation? Yes, they provide beautiful green spaces and fun programs, but they do so much more and the benefits are immense. Learn more at [www.nrpa.org/power-of-parks](http://www.nrpa.org/power-of-parks) and watch the video.

## PARKS HAVE ENVIRONMENTAL POWER



**1 ACRE OF TREES**  
absorbs the carbon dioxide produced by  
**DRIVING A CAR 11,000 MILES.**

## PARKS HAVE HEALTH POWER



Increased access to places for physical activity leads to a  
**25% increase**  
in people exercising  
*3 or more days a week.*

## PARKS HAVE SAFETY POWER

In Macon, GA, a revitalized park that included new programming and beautification efforts  
**reduced incidents of crime and violence by**  
**50%.**

Sources:  
Centers for Disease Control, Environmental Protection Agency,  
American Planning Association



## PARKS HAVE COMMUNITY POWER

Parks strengthen community ties and  
*bring diverse populations together.*

Parks have the power to strengthen communities, transform lives, and protect the future.

**Parks are the most powerful aspect of every community.**