



Article Side

Exploring the Benefits of Recreation and Local Parks by [Walter Tully](#)

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Given today's fast-paced modern lifestyle, especially in the city, people attempt to fit in their busy schedules time for leisure and recreation. 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 turn on the television, others actually go to their local parks and recreation centers. What makes going to parks and recreation centers so advantageous?

Environmental. Since parks and recreation centers are usually situated in the natural environment, communities that take care of them consider protecting the surrounding natural environment as their obligation. This shows in the way the community safeguards the trees and in the practice of moving utility wires underground. Parks and recreation are also open space conservation of forest lands which guard drinking water, clear the air of pollutants, and preserve wetlands.

Economic. The presence of parks and recreation centers boosts the local industries in the areas where they are located. This can be seen in the development of the tourist industry and the leisure retail industry. For the local population, this means more opportunities for the underemployed, the generation of jobs, and the improvement of basic services for residents. Since parks and recreation centers inevitably develop land, they also increase the property values and revenues for the community.

Personal. Local parks and recreation centers offer people a place 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 venues for fun and entertainment as they offer facilities such as an event center where people can go see films and concerts.

Social. The benefits given by local parks and recreation centers are even more evident in the social sphere. Since they offer a space where people meet and communicate, they increase interaction and group involvement, building communities in the process. If people have a healthy sense of community, they are inclined to take part 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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