Health Benefits of Green Infrastructure in Parks

Parks provide opportunities for physical activity and connecting with the outdoors. By incorporating green infrastructure into the landscape, exercise becomes more enjoyable.

More Trees Means Healthier People
Increased tree canopy is associated with all kinds of health benefits for communities, including decreased rates of obesity and obesity-related illnesses. Trees also can help people feel less depressed and anxious, and can help improve your memory.

Improved Physical Health
Green infrastructure features that increase biodiversity in an area can compound the positive health effects of time in nature, including better heart health.

Better Mental Health
Spending time in a place with green features helps people recover from mental fatigue more quickly.

Increased Physical Activity
Green infrastructure features like wetlands and man-made lakes can increase physical activity in an area.

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