

# 5 WAYS PARKS AND RECREATION IS A CLIMATE HERO



## NRPA 2023 EARTH MONTH

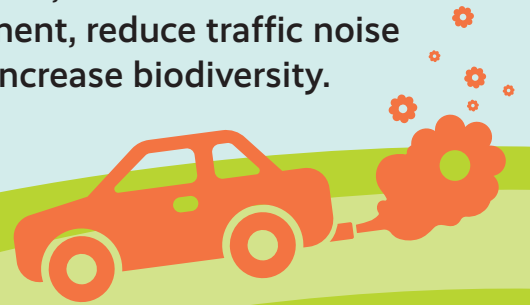
From preserving open space and trees to responding to climate change, the field of parks and recreation is essential to resilient communities.

### SHELTER FROM THE STORM

Parks and recreation is essential to community emergency response — supporting nature-based solutions that mitigate climate-related weather threats. They also transform rec centers into emergency shelters, mobilize resources and support cleanup efforts.

### LESS VROOMS, MORE BLOOMS

Urban parks can improve the environment, enhance stormwater management, reduce traffic noise and increase biodiversity.



**11 MILLION ACRES**  
Open space 2x the size of New Jersey is collectively managed by local park and recreation agencies across the United States.

### ACCESS TO PARKS = LONGER, HEALTHIER LIVES

Parks provide opportunities for physical activity and connecting with the outdoors. Plus, green space exposure in urban environments corresponds with lower mortality and better mental health.



- ↓ TEMPERATURES
- ↓ AIR POLLUTION
- ↑ ECOSYSTEMS

Parks lower ground temperatures with tree canopy, clean water, reduce flooding and contribute to healthier air.

This Earth Month, support your local parks and recreation. Sign up for a class. Visit a park. Volunteer.

Learn more about how parks and recreation is a climate hero and get involved at [www.nrpa.org/Earth-Month](http://www.nrpa.org/Earth-Month).

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