



City of New Bern Parks and Recreation

Apr 9 • 🌐



National Recreation and Park Association ✓

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Local parks, trails and open spaces are needed now more than ever for mental and physical health. [#ParkPulse](http://ow.ly/VV4650zaeKI) <http://ow.ly/VV4650zaeKI>

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NRPA PARK PULSE

Parks Are Essential, Especially During a Health Crisis

83% of adults find exercising at local parks, trails and open spaces essential to maintaining their mental and physical health during the COVID-19 pandemic.



WALKING

JOGGING



HIKING

BIKING



59% of respondents say it is *very* or *extremely* essential to exercise in parks and green spaces to relieve stress and remain healthy during this crisis.

Numerous studies show there are physical and mental health benefits to spending time in green spaces. Local parks, trails and open spaces have recently become even more of a respite from stress. In March 2020, NRPA released a joint statement about using parks and open spaces while maintaining