

PARK AND RECREATION MONTH

This Park and Recreation Month, we wanted to share our full passion for the Greenbelt community by showcasing the many ways the field of parks and recreation is an essential, vital necessity. Greenbelt Recreation staff represent a diverse group of professionals who are confronting our most pressing health, environmental and social challenges. We serve Greenbelt in a variety of ways as facilitators of health and wellness opportunities, public health professionals, planners, environmental educators, engineers, climate change experts, social service providers, nutritionists, inclusion advocates and more, and each of our diverse lived experiences contribute to a greater, wider-reaching impact.

WEEK 1

LEARN!

ECONOMIC BENEFITS OF PARKS AND RECREATION AND THE ESSENTIAL NEED FOR PARKS

- According to a study conducted by the Center for Regional Analysis at George Mason University and the National Recreation and Park Association, America's local park agencies generated more than \$166 billion in economic activity and supported more than 1 million jobs from their operations and capital spending alone in 2017.
- 83% of U.S. adults agree that visiting their local parks, trails and open spaces is essential for their mental and physical well-being during the COVID-19 pandemic.
- Nearly three in five adults say that access to these amenities is very or extremely essential to their mental and physical health.
- Parents are more likely than nonparents to find parks, trails, and open spaces very or extremely essential (68% vs. 56%, respectively).
- Millennials and Gen Zs are more likely than Baby Boomers to say it is very or extremely essential to do physical activities at their local parks, trails, and open spaces to maintain their mental and physical health (68% and 65% vs. 54%, respectively).

CONNECT!

In 2018, Greenbelt Recreation partnered with [Park Rx America](#). Park Rx America is a non-profit organization whose mission is to decrease the burden of chronic disease, increase health and happiness, and foster environmental stewardship, by virtue of prescribing Nature during the routine delivery of healthcare by a diverse group of health care professionals.

PLAY!

Happy Trails to You! Check out these AMAZING hand drawn trail maps of the Greenbelt Forest Preserve:

Trails of the North Woods, courtesy of O. Kelley, artist: [Greenbelt Trails North Woods.pdf](#)

Trail Map by Catherine: [Forestmap-CP-3-2013-wide-2.pdf](#)

WEEK 2

LEARN!

BENVIRONMENTAL BENEFITS OF PARKS AND RECREATION

- A park with one acre of trees absorbs the carbon dioxide produced by driving a car 11,000 miles.
- Parks do a great deal to contribute to species richness in urban settings — a review of more than 60 studies by IFPRA shows that there is strong evidence to support the concept that parks support both plant and animal biodiversity. This offers not only an important educational opportunity, but additionally supports overall ecosystem functionality.
- Parks reduce the impact of large storms and flooding by serving as sponges that soak up run off from nearby paved surfaces during rain events. This in turn prevents flooding and decreases property damage. Parks that are well-designed also reduce water usage by recycling and storing this water for use during times of low precipitation.
- Evidence not only shows that parks are cooler than their surrounding cities, but actually shows that parks contribute to overall urban cooling — parks make our cities more comfortable in the summer!
- According to a 2017 NRPA Park Pulse poll, 83% of Americans believe it is important that their local government makes environmental initiatives a priority.

CONNECT!

As a [Maryland Green Registry Member](#), the City of Greenbelt is committed to promoting sustainable practices. In 2011, in partnership with CHEARS (Chesapeake Education, Arts, and Research Society), the City proposed the [Greenbelt Three Sisters Demonstration Gardens](#). Today you can visit each of these Three Sisters Gardens!

- Greenbelt Community Center – Back of Community Center
- Greenbelt West – Springhill Lake Recreation Center grounds
- Greenbelt East – Schrom Hills Park

PLAY!

Connect with Nature on your mobile device with the [iNaturalist](#) app! iNaturalist helps you identify the plants and animals around you.



HAPPY TRAILS TO YOU!

WE ARE PARKS AND RECREATION

CONFIDENT ESSENTIAL DRIVEN SELFLESS

STRONG

PASSIONATE

NORTH HAVENS PARK AND RECREATION
JULY
2020

WEEK 3

LEARN!

- The Centers for Disease Control and Prevention found that increased access to places for physical activity led to a 25.6% increase in people exercising 3 or more times per week.
- Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and children.
- On average, children who live in greener environments weigh less than children who live in less green areas.
- Children that have easy access to a playground are approximately five times more likely to have a healthy weight than children that do not have easy access to playgrounds.
- The nation's park and recreation professionals are on the frontline in the battle against the COVID-19 pandemic, homelessness, substance use disorder, the obesity epidemic and other chronic health issues.

CONNECT!

Walking or bicycling for transportation or recreation enhances the quality of life for Greenbelt residents by reducing pollution and congestion, enhancing health and fitness, and promoting a sense of community. Check out the City of Greenbelt [Trails Map!](#)

PLAY!

Where is your favorite trail in greenbelt?! Let us know in Instagram, Facebook, or Twitter using hashtags

WEEK 4

LEARN!

- According to the National Recreation and Park Association's (NRPA) 2019 Engagement with Parks Report, an overwhelming majority of Americans assert that they personally benefit from local parks and that their communities benefit from local parks.
- Americans, on average, visit their local park and recreation facilities more than twice a month.
 - Three in four Americans live within a 10-minute walk of a local park or other recreational facility.
 - Eighty-three percent of U.S. adults agree that visiting their local parks, trails and open spaces is essential for their mental and physical well-being during the COVID-19 pandemic.
 - More than nine in 10 Americans agree that parks and recreation is an important local government service.
 - Support for local parks is widespread, spanning different age groups, income strata, household types and political affiliations.

CONNECT!

Did you know the City of Greenbelt has and maintains 35 playgrounds?

PLAY!

Let us know which ones are your favorite!

Share your photos with us. #GreenbeltRecreation
And check out our Playground Guide below!





PLAYGROUNDS	ADDRESS	AMENITIES
1 COURT SOUTHWAY	1 Court Southway	👤 👤 🍴 ☀️ ☁️ 🛺 🍷 P
15 COURT LAUREL HILL	15 Court Laurel Hill	👤 ☁️ 🛺 P
2 COURT GARDENWAY	2 Court Gardenway	👤 ☀️ ☁️ 🛺 🍷
2 COURT LAUREL HILL	2 Court Laurel Hill	👤 👤 ☀️ ☁️ 🛺 🍷
2 COURT NORTHWAY	2 Court Northway	👤 👤 🏀 ☁️ 🛺 🍷
2 COURT RESEARCH	2 Court Research	👤 ☀️ 🛺 P
2 COURT SOUTHWAY	2 Court Southway	👤 ☀️ 🛺
3 COURT GARDENWAY	3 Court Gardenway	👤 🍴 ☀️ 🛺 🍷
38 COURT RIDGE ROAD	38 Court Ridge Road	👤 ☀️ 🛺 🍷 P
39 COURT RIDGE	39 Court Ridge	👤 🏀 ☀️ 🍷
4 COURT PLATEAU PLACE	4 Court Plateau Place	👤 ☀️ ☁️ P
44 COURT RIDGE	44 Court Ridge	👤 👤 ☁️ 🛺 P
5 COURT GARDENWAY	5 Court Gardenway	👤 👤 ☀️ ☁️ 🛺 🍷
7 COURT SOUTHWAY	7 Court Southway	👤 👤 🏀 ☁️ 🛺 🍷 P
73 COURT RIDGE	73 Court Ridge	👤 👤 🍴 🍷 🏀 ☀️ 🍷 🏠 P
8 COURT SOUTHWAY	8 Court Southway	👤 ☀️ 🛺
A BLOCK PLAYGROUND	A Block Crescent Road	👤 🏀 ☀️ 🛺 P
BELLE POINT	Belle Point Playground	👤 ☁️ 🛺
BREEZEWOOD DRIVE	Breezewood Drive	👤 ☁️ 🛺 P
BUDDY ATTICK PARK	555 Crescent Road	👤 👤 🍴 🍷 🏀 👤 👤 ☀️ ☁️ 🛺 🍷 🎣 P
CANNING TERRACE	Canning Terrace	👤 👤 🍴 🍷 🏀 ☀️ 🛺 🍷 P
COMMUNITY CENTER	15 Crescent	👤 👤 🍴 👤 👤 ☀️ 🛺 P
FAYETTE PLACE	Fayette Place	👤 ☁️ 🛺
FRANKFORT DRIVE	Frankfort Drive	👤 👤 ☀️ 🛺
GREENSPRING PARK	Greenspring Park	👤 ☀️ 🛺 🍷 P
GREENWOOD VILLAGE	Greenwood Village	👤 ☁️ 🛺
LASTNER-IVY	Lastner Lane	👤 👤 ☁️ 🛺 🍷 P
MANDAN ROAD	Mandan Road	👤 ☀️ 🛺 🍷
ORA GLEN DRIVE	Ora Glen Drive	👤 ☀️ 🛺
PLATEAU RIDGE	Plateau Ridge	👤 👤 🏀 ☀️ ☁️ 🛺 P
SCHROM HILLS PARK	Hanover Parkway	👤 👤 🍴 🍷 🏀 👤 👤 ☀️ 🛺 🍷 🏠 P
SOUTH ORA COURT	South Ora Court	👤 ☀️ ☁️ 🛺
SPRINGHILL LAKE	6101 Cherrywood Lane	👤 🏀 👤 👤 ☀️ ☁️ 🛺 P
ST. HUGH'S	135 Crescent Road	👤 🏀 ☀️ ☁️ 🛺 🍷 P
WESTWAY	Westway	👤 👤 ☁️ 🛺 🍷 P

KEY:

- 👤 Ages 2-5
- 👤 Ages 5-12
- 🍴 Picnic Tables
- 🍷 Grills
- 🏀 Basketball Courts
- 👤 👤 Restrooms
- ☀️ Sun
- ☁️ Shade
- 🛺 Benches
- 🍷 Adjacent Open Space
- 🎣 Fishing
- 🏠 Pavilion
- P Public Parking

For more information and pictures of each playground visit:
greenbeltmd.gov/playgrounds