

# Health and Livability

## Healthy, Livable Communities

Creating healthy, livable communities is at the core of what local park and recreation agencies strive to provide every day. Parks and recreation are central to building healthy communities that improve the quality of life for all people by providing a multitude of healthy, accessible, and affordable options. The importance of providing opportunities for physical activity and bridging connections within communities for walking and biking not only creates a healthy a community but one that encourages social connections as well.

SAPULPA PARKS is working to combat the obesity crisis and the overall decline of health in our country by providing resources to local communities.