

From: Lower Sonoran RMP
Subject: FW: San Tan Mountains Regional Park

From: [REDACTED]
Sent: Wednesday, November 16, 2011 1:01 PM
To: Garber, Emily H
Subject: San Tan Mountains Regional Park

I am submitting this information because I am a local resident of San Tan Valley, that believes the benefits of keeping San Tan Mountain Regional Park as a viable space for our state, county, and local community are vast. The most significant foundation lies in the proven positive effects that nature has on children and adults, because open spaces provide relief from the strains of life and everyday demands. People can get serenity and respite from stress in the form of walking, running, biking, riding horses, or watching the birds and wildlife, while being a part of the natural environment and enjoying the inherent psychological and physical health benefits. As a research scientist, I submit these important facts stated in reports from various agencies (underlined below) .

In "The Case for Urban Open Space", a report showed that "Exercise helps maintain healthy bones and muscles, builds cardiovascular fitness and relieves the psychological and physiological stress long linked to poor health. The escape from the workplace noise and bustle also relieves stress which might otherwise be expressed through aggression or the abuse of drugs and alcohol. Parks also contribute to public health by helping to mitigate air pollution and noise."

"The Trust For Public Land – From Fitness Zones to the Medical Mile" wrote that "49 percent of Americans get less than the minimum recommended amount of physical activity and fully 36 percent of adults engage in no leisure-time physical activity at all. It is well established that physical exercise helps prevent obesity and related medical problems. There is mounting evidence that providing places to exercise, primarily can improve health."

"The National Trails Training Partnership" states that "People who exercise regularly have 14 percent lower claims against their medical insurance, 30 percent fewer days in the hospital and have 41 percent fewer claims greater than \$5,000. Exercise derived from recreational activities lessens health related problems and subsequent health care costs."

In a study titled "The Contribution of Recreation and Parks to Reducing Health Costs" the author states that "The "U.S. spends 14 percent of our Gross National Product on health care, more than any other nation on earth. Curtailing health care costs are a priority, the emphasis will be on prevention. Parks and Recreation has the opportunity to become a factor in the wellness revolution."

In a study by "An American Network of Parks and Open Space: Creating a Conservation and Recreation Legacy" the report states "The most important prescriptions for creating effective preventative care are regular exercise and a moderate diet. According to the 1990 Healthy People 2000 report, there is increasing evidence that light to moderate physical activity can have significant health benefits." The report recommends protection of recreational resources, such as areas for hiking and biking.

Please consider these sound findings as important factors in having San Tan Mountains Regional Park be the place for people to actively participate in sound health care maintenance . Lets all work to keep the park a viable, safe, serene, pristine place for people and their pets so they can easily participate in their own healthy levels of fitness, both physically and psychologically.

Respectfully Submitted November 16, 2011 by former Board member of Friends of San Tan Mountains Regional Park and Photography Instructor @ Central Arizona College



[REDACTED] Thanks for keeping our parks so beautiful.