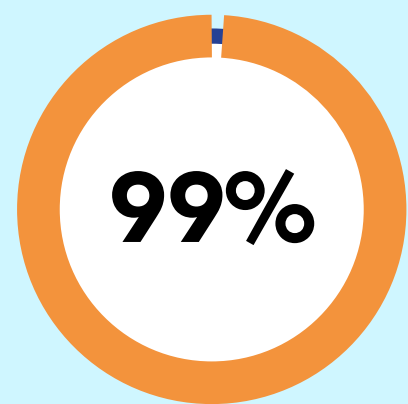


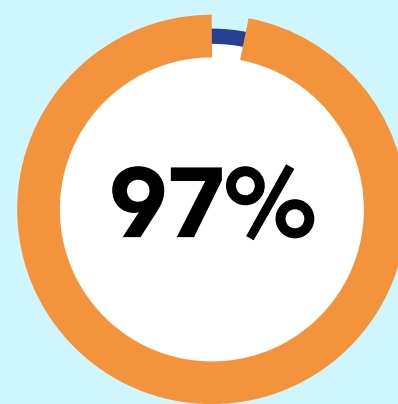
# The Benefits of Recreation

Recreation is incredibly beneficial; it brings joy to many Albertans and enhances quality of life.



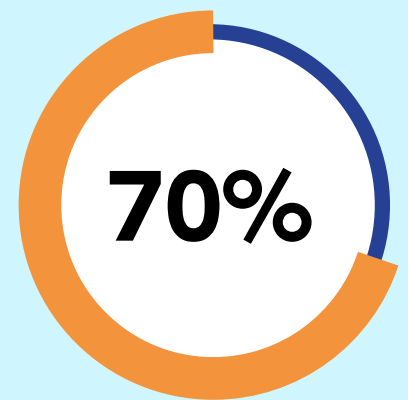
99%

of Albertans believe recreation and parks improve their quality of life



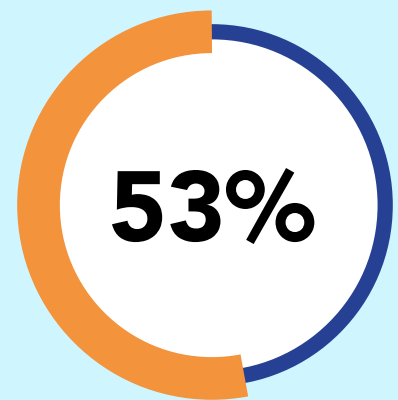
97%

participate in recreation to feel connected to their communities



70%

take part in recreation for pleasure and joy

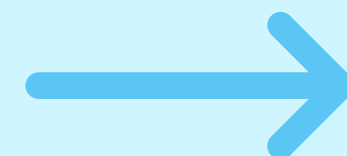


53%

use recreation as a way to relax

**However, we have work to do!**

There are still barriers to meaningful participation in recreational activities for many Albertans.

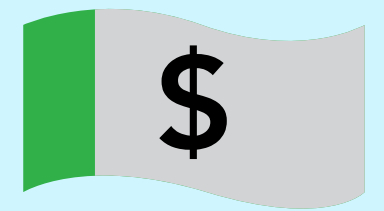


# Barriers to Recreation Participation

## Cost is the number one barrier



**35%** report equipment costs, and **21%** report registration or admission costs as the most significant barriers.



For Albertans aged 18-34, this is even more significant.



**55%** report equipment costs as a main barrier.



**28%** report admission/registration costs as a main barrier



*Only 32% of Albertans living with a disability rate recreation as completely accessible*

