

Coalition for a

RESILIENT & INCLUSIVE

Waterfront

The Connection Between the

Waterfront
& your *Health*

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learn more



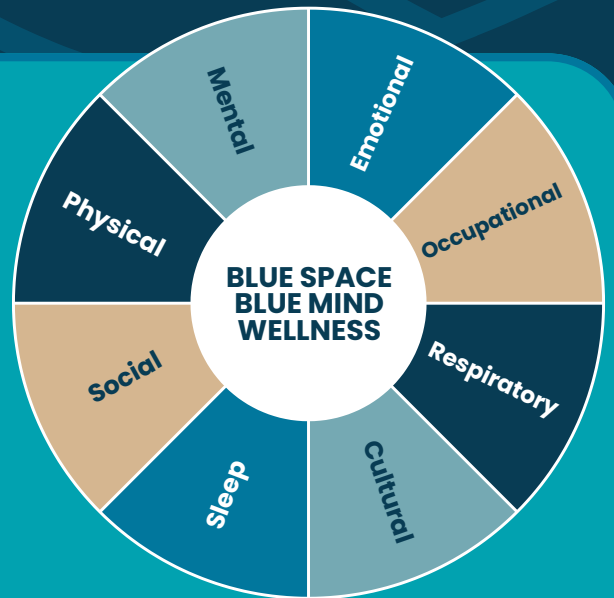
[bostonwaterfrontcoalition.org](https://www.bostonwaterfrontcoalition.org)

Blue Space

Blue spaces are outdoor environments that are dominated by water, such as lakes, rivers, canals, or coastal water. They can be natural or manmade, and include streams, ponds, waterfalls, pools, and more.

Blue Mind

The science that demonstrates being near, in, on, or under water can help make you happier, healthier, more grounded, and better at what you do.



Green Space

Green space is land that is partly or completely covered with grass, trees, shrubs, or other vegetation.

Green Mind

The science that spending time in green spaces and nature improves health and well-being.



Benefits of Spending Time at Blue & Green Spaces

Mental Wellness

Mental wellness is an internal resource that helps us think, feel, connect, and function; it is an active process that helps us to build resilience, grow, and flourish.

Both blue spaces and green spaces have been shown to have remarkable effects on our mental and emotional well-being. The rhythmic sounds of waves or the peacefulness of a serene lake can reduce stress levels, improve mood, and alleviate symptoms of anxiety and depression. Being surrounded by trees, grass, and natural landscapes has been linked to reduced stress, improved mental health, and better mood. These spaces lead to physiological changes, like lowered cortisol levels, which is a marker of reduced stress. All of these factors contribute to what's often described as a "rest and digest" mode, where our bodies and minds can relax, recharge, and restore themselves.



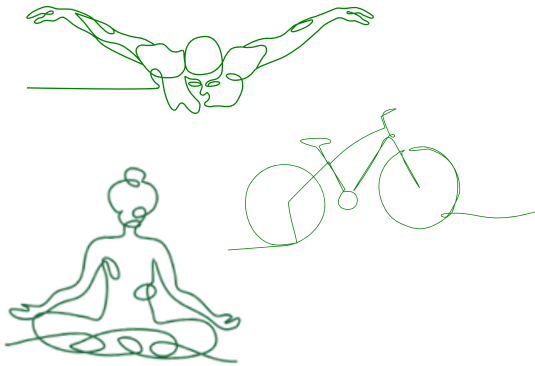
How to achieve these benefits:

Engaging in activities like leisurely walks, sitting, reading, or simply soaking in the surroundings in these environments can be incredibly therapeutic.



Physical Wellness

Physical wellness refers to the overall state of health and well-being of the body. Blue spaces and green spaces foster physical activity and well-being. Spending time outdoors has been linked to lower diastolic blood pressure, improved sleep quality, and increased sleep duration, all contributing to a healthier lifestyle.



How to achieve these benefits:

Engaging in activities like hiking, walking, yoga, meditation, running, weight training, dancing and biking in parks near water and in the water you can perform activities such as swimming, paddleboarding, kayaking.

Respiratory Wellness

Respiratory wellness refers to the health and well-being of lung function, air quality, respiratory hygiene, and the prevention and management of respiratory conditions and diseases.

Coastal areas are often associated with better respiratory wellness due to the constant movement of sea breezes, which help maintain cleaner air quality. Visiting waterfront areas can thus contribute positively to respiratory health. Green parks offer cleaner air due to improved oxygen levels, supporting respiratory wellness and providing a relaxing experience. Additionally, spending time outside provides the body with sun-generated vitamin D and phytoncides released by trees and plants, which boost the immune system.

How to achieve these benefits:

Enjoying picnics, sitting and reading, or taking leisurely walks can all contribute to enhanced respiratory wellness.



Sleep Wellness

Sleep wellness refers to the overall quality and quantity of sleep an individual experiences on a regular basis, as well as the impact of sleep on their physical, mental, and emotional well-being.

The ambient sounds of water and spending time in green areas are known to enhance sleep quality by providing a peaceful and natural environment that promotes relaxation.



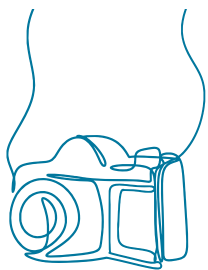
How to achieve these benefits:

Engaging in activities like leisurely walks, reading, dancing, meditation or simply soaking in the surroundings in these environments can be incredibly therapeutic.

Creativity and inspirational wellness

Creative wellness refers to the state of mental and emotional well-being that supports and fosters creativity, innovation, and artistic expression.

Both waterfront areas and green spaces can be beneficial for creativity and overall well-being. The ever-changing scenery of the water, with its tranquil sunrises and stunning sunsets, provides a constant source of natural beauty. This can spark creativity and inspiration for all types of artists, including writers, visual artists, dancers, and more.



How to achieve these benefits:

Activities like painting, photography, and writing while on the waterfront can be particularly fulfilling and nourishing to the creative spirit. Participating in creative work after spending time in green or blue spaces can also boost creativity.



Community and Social Wellness

Community and social wellness refers to the overall health and well-being of individuals within a community or society, as well as the quality of relationships, social connections, and sense of belonging among its members.

In waterfront and green spaces, residents often engage in water-adjacent activities and regularly gather for social events in these areas. These gatherings strengthen bonds within the community and also promote a sense of togetherness and belonging. This sense of belonging encourages physical activity, social interaction, and a deeper connection with nature. Ultimately, both waterfront areas and green spaces provide a supportive and vibrant community environment.



How to achieve these benefits:

Attending events, concerts, having picnics, farmers markets, visits to state parks, hiking, exploring trails with friends and family, celebrating holiday parties and festivals, and enjoying rides, carnivals, and games together.

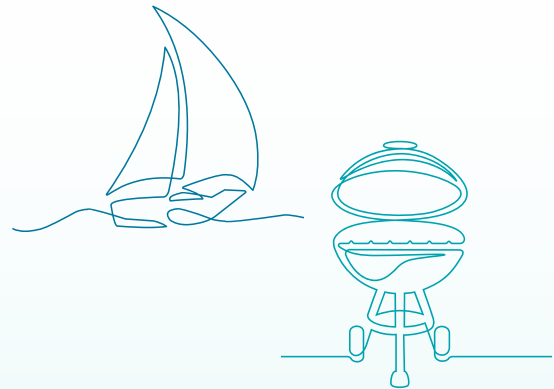


Cultural Wellness:

Cultural wellness refers to the state of well-being within a community or society that arises from the appreciation, celebration, and preservation of diverse cultural identities, beliefs, practices, and traditions. Waterfront spaces and green spaces both play vital roles in promoting cultural wellness by fostering inclusivity and implementing policies that make physical activity safe and accessible for all residents, regardless of their age, race, gender income and ability. This promotes a sense of belonging and encourages diverse communities to come together and engage in shared experiences. These spaces are creating opportunities for social interaction, recreation, and cultural exchange. By prioritizing inclusivity and implementing supportive policies, both waterspaces and green spaces contribute significantly to cultural wellness, allowing communities to thrive and individuals to enjoy a healthier and more connected lifestyle.

How to achieve these benefits:

Activities such as swimming, boating, fishing, or simply relaxing by the water without barriers. Similarly, green spaces promote inclusivity by providing safe and accessible environments for physical activities like walking, running, cycling, picnicking, or participating in outdoor sports.



Experience the benefits today at:
[bostonwaterfrontcoalition.org](https://www.bostonwaterfrontcoalition.org)