

## Why Trails?

Trails provide children and adults an opportunity to achieve an active and healthy lifestyle. The closer people live to a safe place to walk or bike, the more likely they are to use it. Recreation doubles the likelihood nearby residents will engage in the recommended level of physical activity (30-60 minutes each day).

Plus trails:

- Provide a safer environment for recreational activities
- Increase opportunities for physical activity
- Give citizens the opportunity to experience the city's natural beauty
- Express the communities pride and character
- Increase property values as much as 22%
- Rank in the top five of important amenities for home purchase.
- Stimulate local economies by attracting tourists
- Can reduce healthcare costs when citizens are more active

A family that walks two miles a day instead of driving will, in one year, prevent 730 pounds of carbon dioxide from entering the atmosphere.

## Why Walking is Good Exercise

Walking is an ideal form of physical activity. It is easy to do, requires no special skills or equipment, can be done by a vast majority of the population with little risk of injury, and is functional: walking gets us places.

- Walking is simple - it is low impact, free, and high in health benefits.
- You can benefit from regular physical activity, no matter what your age is.
- Physical activity does not have to be strenuous to achieve health benefits. Daily moderate activity can make a difference.
- Walking helps maintain healthy bones, muscles, and joints.
- Walking improves stamina and muscle strength, even for those with chronic, disabling conditions.
- Walking can be a social activity with family and friends.
- Walking increases your feeling of well-being and can help reduce symptoms of anxiety and depression.
- Several short walks a day (10-20 minutes) can be as effective as one long walk.