TRAIL HEALTH BENEFITS

Trails make it easier for people to be active close to home, and regular outdoor activity supports both physical and mental well-being. Community trails also give people low-cost, accessible opportunities to connect with others and spend time outside.



- Walking and hiking support heart health, strength, balance, and endurance.
- Time outdoors can reduce stress and support mental well-being.
- Trails encourage active lifestyles for people of different ages and abilities.
- Shared outdoor spaces help strengthen community connections.
- Easy access to trails can make healthy choices more convenient.

Trails are simple infrastructure with big health benefits.

Ontario Trillium Foundation
Fondation Trillium de l'Ontario
An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

Front of Yonge
613-923-2251
admin@frontofyonge..com
mallorytown.ca

MALLORYTOWN
FRONT OF YONGE TOWNSHIP