TRAILS AND HEALTHY LIVING

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.

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