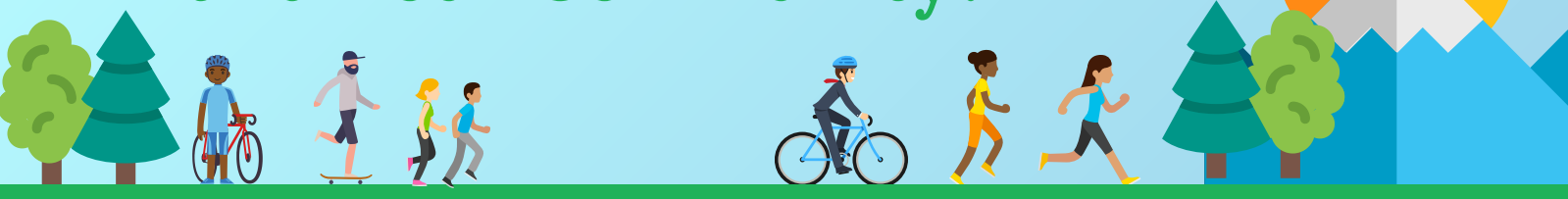
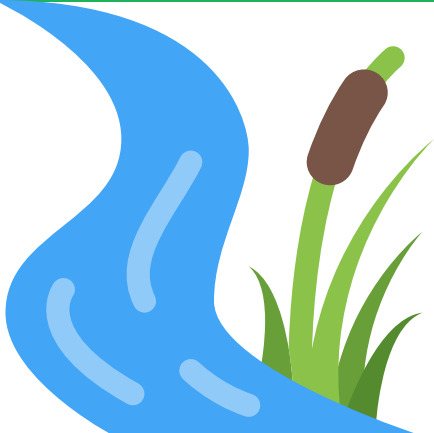


What Can Trails Do For You and Your Community?



Public Trails and Your Health: What You Need to Know



567 miles of rail-trails across West Virginia

Trails are additionally located in state parks, local parks, and in community spaces such as schools and privately owned property all across West Virginia.



Why do people use trails?

Trails are often safe and accessible places for the community to be active.



Running



Biking



Walking/Hiking



Skating



Meditating



Dog walking



Transportation

Regular trail use:



Can reduce disease risk by **7-13%**



Can reduce mortality risk by **11%**

\$1

invested on trails



\$3

saved on healthcare

Economic benefits to communities include:

- improvements in health care spending
- increasing foot traffic to local businesses near the trail
- increased property values for homes near the trail

Being active in nature can move mountains!

15 minutes a day

of moderate physical activity significantly reduces the risk of deaths related to all cancers, cardiovascular disease, diabetes, and reduction in all-cause mortality

150 minutes

per week of moderate physical activity lowers the risk of heart disease, stroke, type 2 diabetes, high blood pressure, dementia and Alzheimer's

5-15 minutes a day

of brisk walking is tied to health benefits and two extra years of life

120 minutes

per week spent outdoors is linked to reducing anxiety and improving general health and well-being

one 30 minute visit

to nature each week can lower the risk of depression and high blood pressure

