

The joy of walking

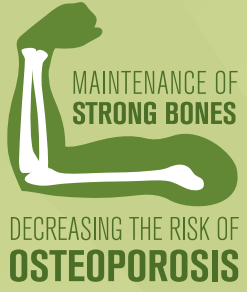
CAN BE DONE ALMOST ANYWHERE

REQUIRES LITTLE EQUIPMENT OR TRAINING

IS GREAT TO DO WITH A GROUP

Walking in nature promotes our wellbeing and the health of our natural environment.

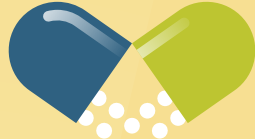
Walking outside has been proven to provide physical health benefits such as:



WALKING PROVIDES A NATURAL RUSH OF ENDORPHINS, WHICH:



A DAILY WALK IN NATURE



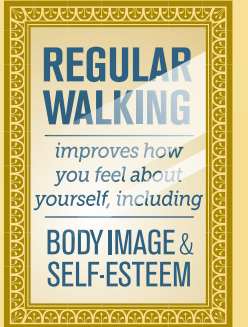
can be as effective in treating mild cases of DEPRESSION as taking an ANTIDEPRESSANT

Regular Use Of Natural Areas For PHYSICAL ACTIVITY

Can Reduce The Risk Of Mental Health Problems By



People Who Walk Regularly Report Feeling Less STRESSED OR NERVOUS



Improve Your Physical Wellbeing

Boost Your Mental Wellbeing

The Many Benefits of Being Active in Ontario's Green Space

moodwalks.ca

Explore Your Community

Benefit The Natural Environment



- 329 PROVINCIAL PARKS
- + 6 NATIONAL PARKS
- + 400 CONSERVATION AREAS
- + 292 CONSERVATION RESERVES

You may be closer to nature than you think!

= 800,000+ Ontarians Take A Hike Each Year



Protect Habitat FOR NATIVE PLANTS & ANIMALS

Ensure Our NATURAL SPACES Are PROTECTED FOR GENERATIONS TO COME

MOOD WALKS

Mood Walks supports the well-being of older adults who experience mental health issues through walking groups which visit Ontario's trails and conservation areas. For more information, or to get involved, please visit moodwalks.ca

