

Happy Halloween from Conservation Ontario!



An EXTRA Scary  
Halloween Health Alert!



Conservation  
**ONTARIO**  
*Natural Champions*



# Halloween

has arrived,  
and we know that all that candy  
can be a hard  
temptation to resist!

*Ever wonder how much exercise  
you would need to burn off the  
calories from your favourite  
Halloween treats?*

We've figured out some great ways to erase your indulgences  
at Ontario's Conservation Areas!

## If You Eat...

## You Will Need to Spend...

5

bite-sized  
chocolate bars



50 minutes hiking &  
checking out scenic views at  
Inglis Falls Conservation Area.

7

pieces of sweet,  
sweet licorice



45 minutes walking  
your dog at Springwater  
Conservation Area

1

yummy  
candy apple



20 minutes jogging along  
Lake Ontario's waterfront  
at Lemoine Point Conservation  
Area

20

colourful  
candy corns



9 minutes climbing  
the 99 stairs at Thorton  
Bales Conservation Area

1

itty-bitty bag  
of potato chips



30 minutes casting a line  
( & hopefully catching the  
"big one") at Belwood Lake  
Conservation Area

32

gooey  
gummy  
candies



30 minutes cycling (with  
1 short break to check out  
the wetland) at Ken Reid  
Conservation Area

2

lovely lollipops



20 minutes paddling  
at La Vase Portage  
Conservation Area

10

creamy  
caramels



30 minutes rock climbing  
on the edge of the Niagara  
Escarpment at Rattlesnake  
Point Conservation  
Area

Step  
Into Nature



[www.ontarioconservationareas.ca](http://www.ontarioconservationareas.ca)

Happy Halloween from Conservation Ontario!

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