



**Conservation
ONTARIO**
Natural Champions

**Healthy Hikes
is Social!**

Stay up-to-date on all things *Healthy Hikes* by liking our Facebook page, and tweet about your progress throughout the Challenge using the hashtag [#HealthyHikes](#)



**The Benefits of
Nature- Infographic**

Energize your body and mind- The Healthy Hikes Challenge Begins Today!

Conservation Ontario and **Ontario's 36 Conservation Authorities** challenge you to spend time hiking in Ontario's more than **270 Conservation Areas** and track your progress for a chance to win **great prizes!**

Healthy Hikes will teach you about the ways our environment boosts your health and how you can **energize your body and mind** by Stepping into Nature.

Register Here

The Environment and Your Health

Ecosystem goods and services are benefits and consumable products provided to humans by healthy ecosystems. Nature provides multiple goods and services that keep us healthy, including food, materials (such as wood), fuel, clean air, drinking water, and also offers recreational, cultural and spiritual opportunities.

Forests, wetlands, rivers and streams, and Great Lakes are just some of the natural features that help keep us happy and healthy!

Select an icon below to find out how each natural feature impacts your health and well-being:

The Benefits of Nature
Ontario's Conservation Areas Contribute to Healthy People

THE CHALLENGES...

- ADHD: 5-10%
- 2/3 of Canadians are deficient in Vitamin D
- Early 23% of Canadians have high blood pressure
- 92% of Canadians are overweight or obese
- 7% of Canadians have diabetes
- 9 MILLION+ Canadians have diabetes
- Only 300,000 Canadians are active

CONSERVATION AREAS & OUTDOOR RECREATION

- 4,300,000 people visit Ontario's Conservation Areas annually
- 270+ Conservation Areas
- 2,500 km² of Conservation Areas
- 435+ miles of trails

HEALTHY BY NATURE | TREES & FORESTS

- 343 TREES/10MP (10000000)
- 25% of Canadians are deficient in Vitamin D
- 917,000 trees planted in 2011
- 3,000,000 trees in 2011
- 1 TREE = 10 lbs of carbon sequestered

HEALTHY BY NATURE | WETLANDS & GREAT LAKES

- 1 LACR = 100000000 lbs of carbon sequestered
- 15% of Canadians are deficient in Vitamin D
- 92,471 acres of wetlands in Ontario
- 92.5 BILLION lbs of carbon sequestered
- 80% of Canadians are deficient in Vitamin D

WWW.CONSERVATIONONTARIO.CA

Forests/Trees



Wetlands



Great Lakes



Rivers/Streams



More than 60 Events Already in the Calendar!

As part of the Challenge, our partners and Conservation Authorities across the province will be hosting *Healthy Hikes* events. If you attend one of these events you will earn 200 bonus points towards your Challenge goal! Check out our [events calendar](#) to see what's currently scheduled, and check back often for updates.



Join Our List

www.HealthyHikes.ca

In partnership with

