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The banner features the 'Step Into Nature Healthy Hikes' logo in the top left. The text 'Give your health a boost!' is in the top right. The main text reads 'Take the Healthy Hikes Challenge: May 1st to Oct. 31st 2013'. The background is a collage of photos showing hikers, a map of Ontario, and various nature scenes.

Conservation Ontario and Ontario's **36 Conservation Authorities** challenge you to spend time hiking in over **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.

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.



There are great **prizes up for grabs** through the *Healthy Hikes* Challenge! A HUGE thanks to Merrell who have generously donated our first place prize worth \$1200!



P.S. Join the over 70 hikers who have already earned bonus points towards their *Healthy Hikes* goal by registering for the Challenge early! **Register here** before May 1st and receive a 100 Bonus Point head start.

The Healthy Hikes Challenge is only a week away!

www.HealthyHikes.ca

In partnership with:



Canadian Mental Health Association
Mental health for all



Try it FREE today.