



Trees and Trails for Health

The benefits of nature and green space on a person's physical and mental health have been well documented. Spending time in nature can improve concentration and memory, energy, immunity, and reduce anxiety and chronic disease risk, while increasing opportunities for physical activity. It can make you happier, healthier and more relaxed.

Nature and green spaces contribute to healthier environments through growing food, improving air and water quality, reducing flood risks, providing natural shade and cooling our communities, and helping to address climate change. They also offer spaces for cultural and spiritual opportunities.

Tap into the benefits by taking a break outdoors and visiting a nearby park, trail, or garden. York Region has more than 50 trails for you to explore.

Tips

- Aim to spend 20-30 minutes in green spaces; 2 hours a week
- Switch up your indoor exercise for outdoor movement
- Plan a friend or family outing by visiting a forest tract near you
- Sign up for a York Regional Forest walk or event
- Choose active modes of travel for work, school, or errands when possible and use a local trail
- Talk to your health care practitioner before making changes to your physical activity plan
- Take precautions in areas where blacklegged ticks are commonly found, and in the early morning and early evening when mosquitoes are more active; keep sun safety in mind

Before heading out onto the trails, check your local weather forecast for air quality, temperature, humidex or windchill, UV index and weather warnings. Download the Environment and Climate Change Canada (ECCC) WeatherCan app from the Google play or Apple store on your phone before you leave or check the ECCC website.

More Information

[York Regional Forest](#)

[York Region Trail Guide](#)

[York Region Public Health](#)

[A Prescription for Nature](#)

[Environment and Climate Change Canada \(ECCC\)](#)

