

Health Benefits of Using Spartanburg's Trail System

Overall Health Benefits

- Offers forms of exercises
- Fresh air
- Reduces risks physical and mental health risks
- Increase life span

Decreases Risks

- Type 2 diabetes
- Certain cancers
- Cardiovascular disease
- Heart disease
- Osteoporosis
- Obesity
- Depression

Fresh Air

- Help improve mental health
- Blood flow and blood pressure
- Strengthens immune system
- Gives more energy



Increase Life Span

- Improves blood pressure and blood sugar levels
- Improves mental health by lowering stress levels and lowers risk of depression
- Fresh air and physical activity improves lungs

Exercise

- Control body weight
- Help with mental health
- Strengthen muscles and bones
- Decreases the risk of heart diseases, cancer, diabetes, etc.

Types of Exercise



Easy



Medium



Hard

Trials

- River Birch Trail (1 mile)			
- Butterfly Branch Greenway (0.4 miles)			
- Mary H. Wright Greenway (1 mile)			
- Three Creeks Trail (0.75 miles)			
- Mary Black Foundation Rail Trail (1.9 miles)			
- Cottonwood Trail (4 miles)			
- Upper & Lower Drayton Mills Trail (2.8 miles)			
- Duncan Park (0.6 miles)			
- Glendale Shoals (1 mile)			
- Wadsworth Trail (3.6 miles)			