

Overall Health Benefits

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

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

Trials

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| - 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) | | | |

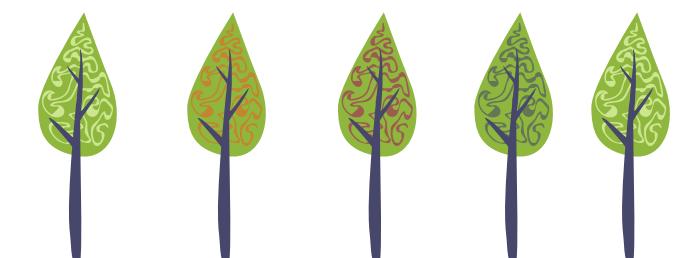
Health Benefits of Using Spartanburg's Trail System

Decreases Risks

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

Fresh Air

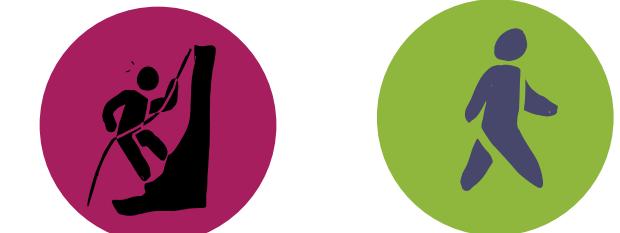
- Help improve mental health
- Blood flow and blood pressure
- Strengthens immune system
- Gives more energy



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