

Why Trails Matter: Trails and Greenways Promote Health

February is American Heart Month, a time when all people are encouraged to focus on their cardiovascular

health. Spending time in nature is linked to both cognitive benefits and improvements in mood, mental health, and emotional well-being. Trails and greenways create healthy recreation and transportation opportunities by providing people of all

Trails help people of all ages incorporate exercise into their daily routines by connecting them with places they want or need to go. Communities that encourage physical activity by making use of linear corridors can

ages with attractive, safe, accessible and low- or no-cost places to cycle, walk, hike, jog or skate.

see a significant effect on public health and wellness. Find out more

North American Trail Sector Survey Launched American Trails has partnered with the Trans Canada Trail to launch the inaugural



North American Trail Sector Survey. If you manage, build, maintain, or plan trails, please take this important survey. Results will inform the North American trail community on the health of trails and trail systems across our continent, identify pressure points, and arm advocates with the data they need to make the case for trails in their region. Find out more >> The Path to Mental Health



scales, and also show the importance of collaboration for community health. Find out more >> **Yavapai County Mental Health Conference**

Join the Yavapai County Community Health Services for the 2024 Mental Health

Conference on May 6th and 7th at the Prescott Resort Center. This conference is

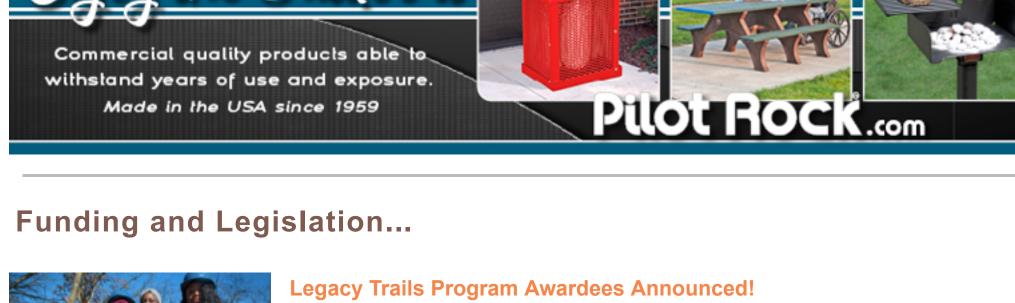
This American Trails Advancing Trails webinar demonstrates ecotherapy ideas for

attendees to implement in their own communities, on their own trails, and at different

focused on the mental health of everyone and will have tracks for breakout rooms that focus on youth mental health, older adult mental health, and general mental

health. Find out more >>

rjoy the Outdoors



organizations. Find out more >>

American Trails is pleased to announce the 2024 recipients of Legacy Trails Program funding. In this second year of the program, we funded a total of \$1.35 million to 27



communities to tackle environmental and climate justice challenges, strengthen their climate resilience, and advance clean energy. The deadline to apply is November 21. Find out more >> **Webinar Announcement from the Pedestrian and Bicycle Information** Center (PBIC)

In many communities, trails are a critical component of multimodal transportation

active transportation. This webinar on Advancing Trails to Support Multimodal

networks that support opportunities for safe, accessible, equitable, and comfortable

Networks and Resilient Infrastructure focuses attention on the ability of trails to help

funding available to support community-driven projects that build capacity for

Inflation Reduction Act Community Change Grants Program NOW OPEN!

EPA is accepting applications on a rolling basis for \$2 billion in Inflation Reduction Act



National Park Foundation

Proposals and Awards Requests...

address climate change by serving as resilient infrastructure. Find out more >>>

2024 Service Corps Program Request for Proposals

Request for Proposals to participate in the 2024 Service Corps Program. NPF welcomes this opportunity to work with the National Park Service to assist new and existing service corps in creating innovative, sustainable, and transformational programming that provides equitable and inclusive career development opportunities for our Nation's youth and U.S. Veterans. **Applications are due no later than** Thursday, February 29, at 11:59 PM ET. Find out more >>>

Move United is seeking athletes, sports providers, and sports professionals to

develop and deliver the curriculum at the Move United Education Conference in

Phoenix, Arizona April 22-24. March 8 is the application deadline for poster

The National Park Foundation (NPF) is pleased to announce the release of our



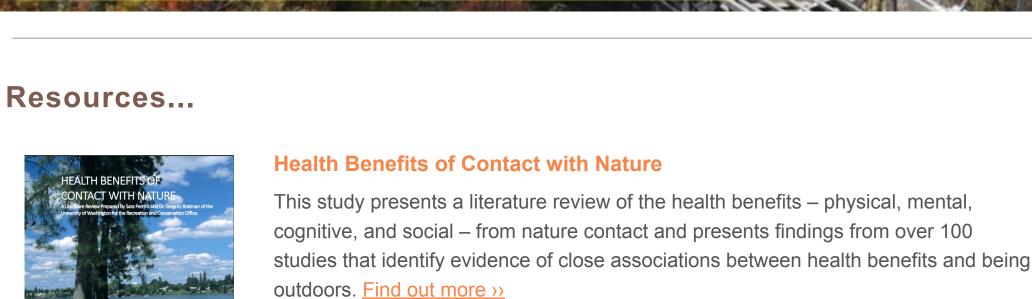
Environmentally safe

sessions or vendor exhibits. Find out more >>

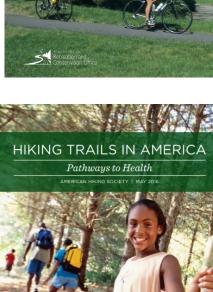
Move United Education Conference

817-470-7821 www.wagnerscft.com Won't Rust, Rot, or Corrode Inert and Non-leaching

WAGNERS

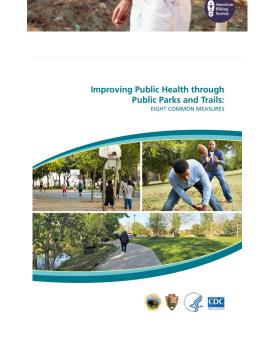


Lightweight Sustainable Resilient Trail Bridges and Boardwal



Hiking Trails in America: Pathways to Health

We always say that health is more important than money, yet our actions all too often fail to reflect that. We even sometimes set ourselves up with lofty health and fitness goals in the new year and then feel let down when real life keeps us from going to the gym or joining friends for a run. But it doesn't have to be like that! Find out more >>>



Parks, Trails, and Health Workbook

Improving Public Health through Public Parks and Trails The purpose of this project is to suggest common measures for park and trail systems that are grounded in public health goals such as easier access to parks or trails and increased physical activity. Find out more >>>

Parks, Trails, and Health Workbook

Parks and trails support community and individual well-being. Access to these

resources can help increase residents' physical activity, support mental health, and

Every project is different. This workbook is intended as a guide to be adapted for

foster community and social interactions. Consider this workbook as a starting point.

This report summarizes some of the most prominent research related to nature and

public health to help urban natural resource professionals, urban planners, architects,

educators, health professionals, and community groups effectively communicate the



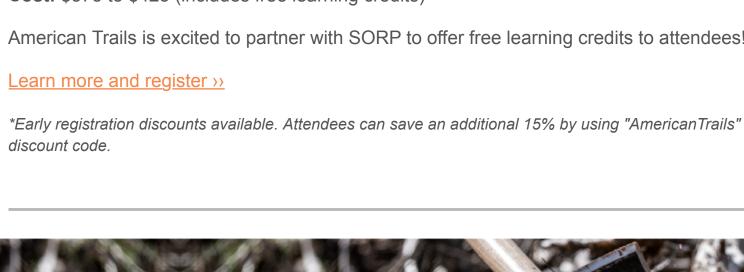
health benefits of urban nature to their constituents. Find out more >>>

specific situations. Find out more >>

Urban Nature for Human Health and Well-Being

about webinars, trainings, and other professional development opportunities. Subscribe today

Subscribe to PATHWAYS, our newest eNewsletter, and stay informed



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Economist

Featured Training Hosted by The Harbinger Consultancy

Title: Tell the Economic Story of Your Trails and Conserved Lands Without Hiring an

The Webinar and Training Section has Moved!

When: April 18 to May 16 (Wednesdays, 10:00 am to 11:00 am PT) Cost: \$375 to \$425 (includes free learning credits)* **Continuing Education Units Equivalency Petition** American Trails is excited to partner with SORP to offer free learning credits to attendees! **Professional Development Hours Equivalency Petition**

is a healthy community? How do we create a healthy community? What is the trails

Hiking is widely recognized as one of the healthiest hobbies anyone can have and for

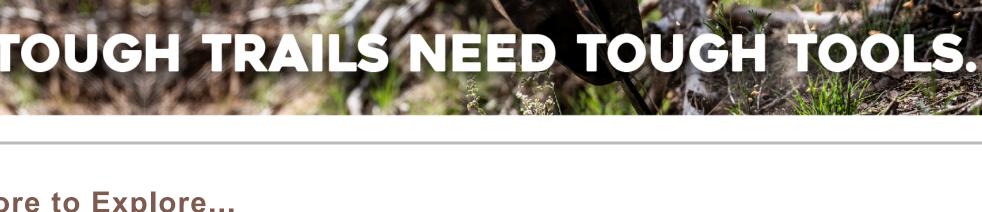
a good reason too. When we break it down to plain physics, walking activates most

muscle groups, which not only keeps us in shape but also conditions us to become

Listen to a podcast with Dr. Katrina Piercy from the U.S. Department of Health and

more resilient to all bodily ailments and harms. Find out more >>>

Empowering Americans to Lead Physically Active Lives



More to Explore... **Trails are Helping Build Healthier Communities** San Bernardino County finds trails are an essential part of healthy communities. What

connection? Find out more >>



Heart Healthy Trail

OKL#HOMA

Human Services and Rachel Fisher from the President's Council on Sports, Fitness, and Nutrition. They share ways they are working to encourage physical activity in the United States. Find out more >>

Volunteer Time Off Program

outdoors and active. Find out more >>

Three Hidden Health Benefits of Hiking

introduced a new program for co-workers—volunteer time off. This new policy allows coworkers to have 16 hours of paid time off to use for volunteer activities or to care for their mental health. Find out more >>

What better way to stay or get fit, than to take a walk. To promote public health and

at various state parks around Oklahoma, these trails are designed to get people

wellness, the Oklahoma State Parks division has created heart-healthy trails. Located

This community-based health system serving northeast Indiana and northwest Ohio



Five Rivers MetroParks in Dayton, Ohio has launched a Heart Healthy Trails initiative. These are easy, entry-level trails on paved or flat surfaces without a lot of elevation change. The American Heart Association recommends walking at a brisk pace of 24 minutes per mile and work toward walking at least 2.5 miles per hour. Signage

Explore Heart Healthy Trails in Oklahoma State Parks

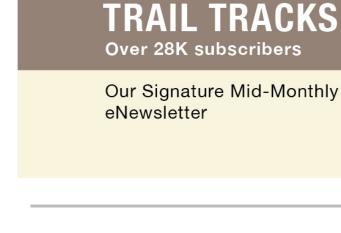
Featured Business Directory Advertiser: Professional TrailBuilders **Professional Association** TrailBuilders

ASSOCIATION PTBA is the trade association for the trail industry including professional trail contractors, designers, and consultants. PTBA currently represents 130+ private sector companies who employ around 2,000 trailbuilders worldwide. Since our

beginning in 1976, PTBA member companies have designed, built, and maintained

PATHWAYS

Over 28K subscribers



Featured Trails...

using the NRT <u>Trail Finder</u>.

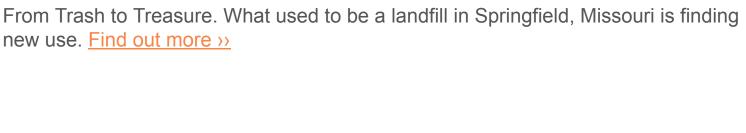
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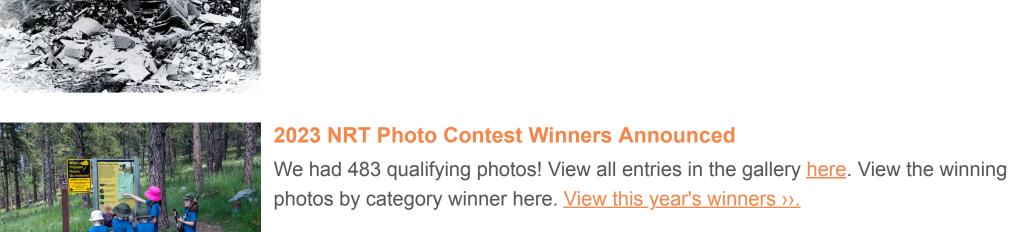
any Federal, State, Tribal, local, nonprofit, or private entity having jurisdiction over these lands. Today over 1,300 of these trails have been designated throughout the country. Find more trails

National Recreation Trails (NRT) are recognized by the federal government, with the consent of

tens of thousands of miles of trail. Find out more >>

AMERICAN TRA





photos by category winner here. View this year's winners >>.

Discover the benefits to designating your trail(s) as an NRT, the history of NRT program, the process for trails to

become NRTs, and more. The deadline to apply is November 1 of every year. Find out more >>>

Featured NRT: Fulbright Spring Greenway, Missouri

