THE BENEFITS OF NATURE
Ontario’s Conservation Areas Help to Healthy People

ADHD affects 5-10% of Canadian Children
2/3 of Canadians are Vitamin D Deficient
Nearly 23% of Canadians report a high degree of LIFE STRESS
Every 7 MINUTES in Canada, someone dies from Heart Disease or Stroke

ADHD of Canadian Children is Not Active Enough
82% of Canadian Teenagers are Not Active Enough
9 MILLION+ Canadians suffer from Type 2 DIABETES

CONSERVATION AREAS & OUTDOOR RECREATION

A Hike a Day...
Did you know doctors have been prescribing Nature? Stepping into Nature has been proven to provide health benefits such as: increased energy and immunity, increased weight loss and fitness, increased Vitamin D production, and reduced risk of diabetes, heart attacks, and cancer.

Healthy by Nature | Wetlands & Great Lakes
1 Acre of Wetland = 1,000,000 Gal of Stored Flood Water
= 1.5 Olympic Sized Swimming Pools of Water

Healthy by Nature | Trees & Forests
For Every 343 TREES KM² Asthma Rates Drop By 25% in Young Children

YOUR BRAIN ON NATURE
An increasing body of evidence suggests that one of the best ways to improve your mental well-being is by simply spending more time outdoors.

A daily walk in nature can be as effective in treating mild cases of depression as taking an antidepressant!

Conservation Authorities Plant Over 3,000,000 TREES IN 2011

Healthy by Nature | Conservation Authorities

Available Activities Include

THE CHALLENGES...
ADHD affects 5-10% of Canadian Children
2/3 of Canadians are Vitamin D Deficient
Nearly 23% of Canadians report a high degree of LIFE STRESS

www.conservationontario.ca

DIABETES

Calories Burned on a Three Hour Hike (Average for 153 lb Male)

Healthy by Nature | Trees & Forests
Conservation Authorities Planted Over 3,000,000 Trees in 2011