



## ONTARIO NEEDS FORESTS

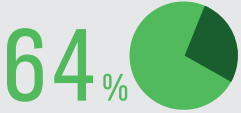


**UV**  
**2.5x** Protection Lasts Longer than in direct sunlight in forests

**5-12%** of Ontario Children Struggle With **ADHD**



**1 in 4** Ontario statistics show **26%** of adults Are living life with **obesity**



**64%** of Ontario's teenagers Are not **active** enough



**70%** of mental health problems start between ages **13-24**

Over **2/3** of Ontario reports experiencing **Ongoing Anxiety**



**1.5 Billion +** Treating Ontario's cases of **DIABETES**

## THE SIGNIFICANT HEALTH BENEFITS OF NATURE

Embrace some of our many trails (or naturally untouched land) at Jack Pine Conservation Estate.



**CALORIES** Burned on an Hour Long Hike  
**435** (average for 153 lb female)



**Shinrin Yoku**  
Or, **ecotherapy.**

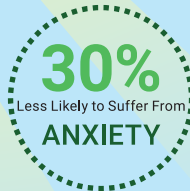
Did you know that doctors actually prescribe hikes and time in nature? This is done by walking in green spaces while keeping a positive, meditative attitude. It allows you to mindfully reconnect with yourself and align your thoughts while barefoot.



### NATURE ON THE BRAIN

Scientists are beginning to find evidence that being in nature has a profound impact on our brains and our behavior, helping us to reduce anxiety, brooding, and stress, and increase our attention capacity, creativity, and our ability to connect with other people.

If you have **GREEN SPACE** within **1km** from home you're...



**20 MINUTES WALKING IN NATURE** = Concentration boost in children with **ADHD**

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

## RESEARCH THAT PROVES FOREST HEALING BENEFITS

An in-depth analysis of 143 studies published in 2018 in Environmental Research, found that health benefits of green spaces on humans include improved heart rate and blood pressure, statistically significant reductions in cholesterol levels, improved sleep duration and neurological outcomes. They're also linked to reductions in the prevalence of type II diabetes, cardiovascular mortality, and overall mortality.

For Every **343 / KM<sup>2</sup>** Trees Astham Rates Drop By

**25%** in Young Children

## FROM WETLANDS TO GRANITE BARRENS, CONNECT WITH NATURE

[www.jackpineconservation.com](http://www.jackpineconservation.com)

[www.conservationontario.ca](http://www.conservationontario.ca)