

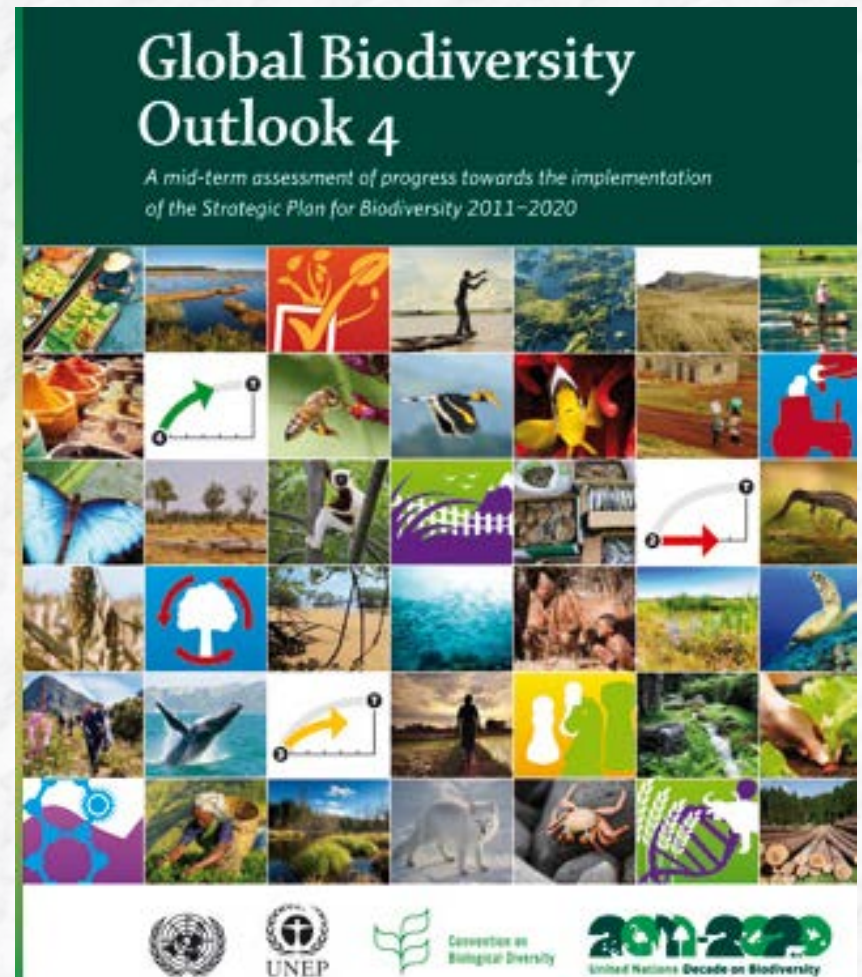
Health and Biodiversity: current examples

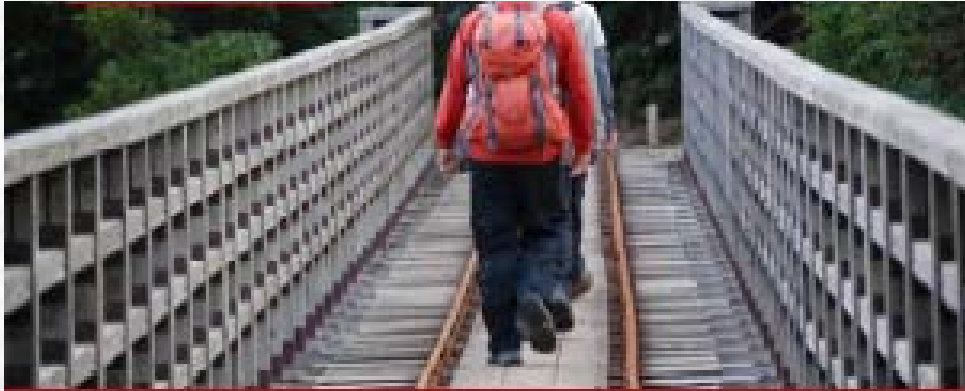
Health as the vision

Success will significantly contribute to the broader global priorities of eliminating poverty, improving human health and providing energy, food and clean water for all.

- Ban Ki-moon

Secretary-General, UN





VitalSites



The contribution
of protected areas
to human health

Healthy ecosystems play a vital role in providing food and clean water, controlling infectious diseases, absorbing wastes, regulating climate and are the source of much of the cultural, spiritual and recreational inspiration needed to maintain mental and physical health.

- WWF 2010

The joy of walking

CAN BE DONE ALMOST ANYWHERE

REQUIRES LITTLE EQUIPMENT OR TRAINING

IS GREAT TO DO WITH A GROUP

Walking in nature promotes our wellbeing and the health of our natural environment.

Walking outside has been proven to provide physical health benefits such as:

MAINTENANCE OF STRONG BONES
DECREASING THE RISK OF OSTEOPOROSIS

INCREASED IMMUNITY
INCREASED WEIGHT LOSS & FITNESS

Reduced Risk Of
Diabetes, Heart Disease & High Blood Pressure

IMPROVED
Balance & Coordination

WALKING PROVIDES A NATURAL RUSH OF ENDORPHINS, WHICH:

Relieves Pain

Enhances The Immune System

Delays The Aging Process

Improve Your Physical Wellbeing

Boost Your Mental Wellbeing

The Many Benefits of Being Active in Ontario's Green Space
moodwalks.ca

Explore Your Community

Benefit The Natural Environment

64,000 KMS OF TRAIL

2,500 KM OF WHICH ARE AT CONSERVATION AREAS

329 PROVINCIAL PARKS + 6 NATIONAL PARKS + 400 CONSERVATION AREAS + 292 CONSERVATION RESERVES

You may be closer to nature than you think!

= 800,000+ Ontarians Take A Hike Each Year

PROMOTE HEALTHY PEOPLE



HEALTHY ECOSYSTEMS

Protect Habitat



FOR NATIVE PLANTS & ANIMALS

Ensure Our NATURAL SPACES Are

PROTECTED FOR GENERATIONS TO COME

A DAILY WALK IN NATURE

Regular Use Of Natural Areas For PHYSICAL ACTIVITY
Can Reduce The Risk Of Mental Health Problems By

50%

can be as effective in treating mild cases of DEPRESSION as taking an ANTIDEPRESSANT



People Who Walk Regularly Report Feeling Less STRESSED & NERVOUS

REGULAR WALKING improves how you feel about yourself, including BODY IMAGE & SELF-ESTEEM

New partnerships
Mood Walks is hosted by the Canadian Mental Health Association, Conservation Ontario and Hike Ontario

MOOD WALKS

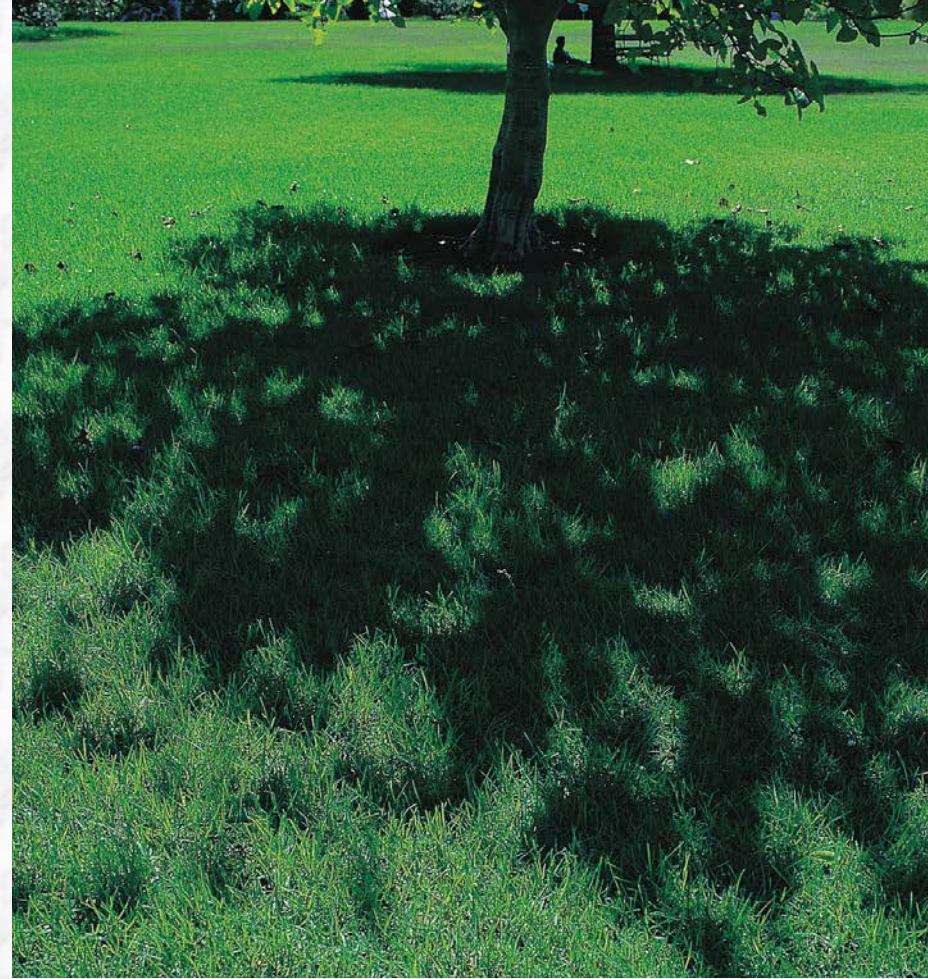
Mood Walks supports the well-being of older adults who experience mental health issues through walking groups which visit Ontario's trails and conservation areas. For more information, or to get involved, please visit moodwalks.ca



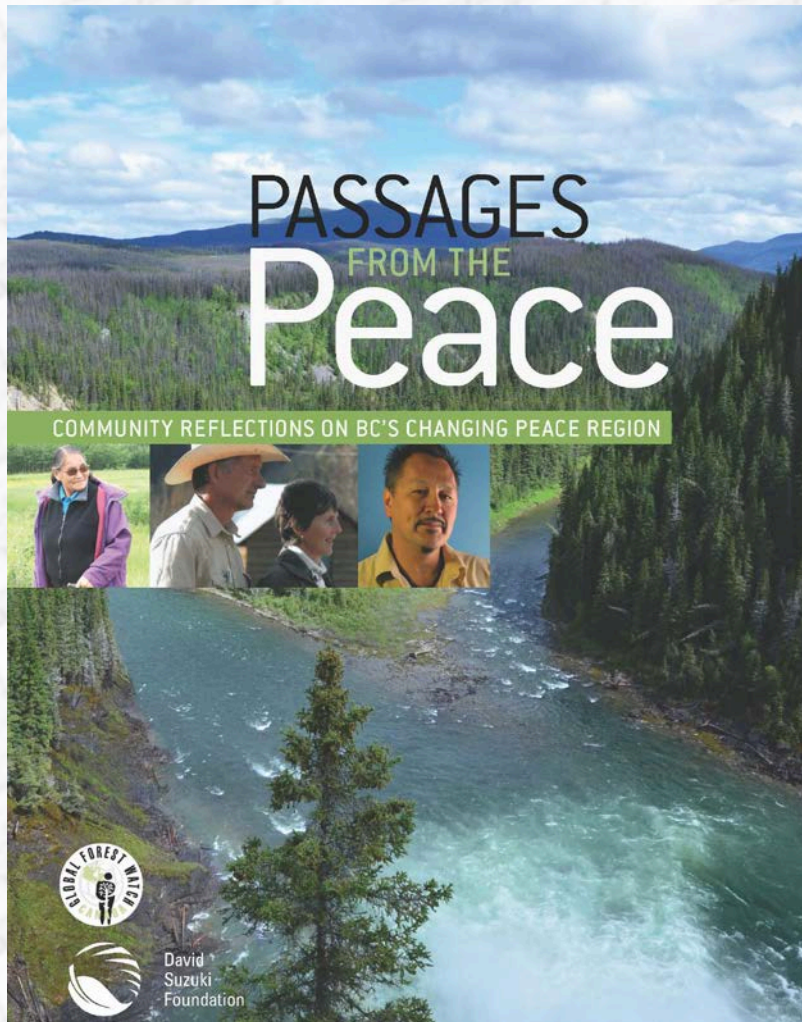
Healthy Forests, Healthy Communities Partnership

A growing body of evidence suggests that human health is closely associated with green infrastructure including the urban forest.

- York Region



New communication strategies



The land feels dead as if there is no life. It may not be the case, but that is what it looks like and feels like — like the spirit of the land is injured, or on its last legs.

- Art Napoleon, former
Saulteau First Nation
Chief, musician, historian,
hunter

Engaging environmental colleagues

30^x30
NATURE CHALLENGE



“Our work is about the environment, not human health.”