Trials
- 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)

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

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