Health Benefits of Using Spartanburg’s Trail System

**Overall Health Benefits**
- Offers forms of exercises
- Fresh Air
- Reduces physical and mental health risks
- Increases life span

**Decreases Risks**
- Type 2 diabetes
- Certain cancers
- Cardiovascular disease
- Heart disease
- Osteoporosis
- Obesity
- Depression

**Fresh Air**
- Help improve mental health
- Strengthens immune system
- Gives body more energy
- Improves blood flow and blood pressure

**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 improve lungs

**Exercise**
- Controls body weight
- Improves mental health
- Strengthens muscles and bones
- Decreases the risk of heart diseases, cancer, diabetes etc.

**Trails:**
- River Birch Trail (2.13 miles)
- Hub City Hopper 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 and Lower Drayton Mills Trail (1.71 miles)
- Duncan Park (1.15 miles)
- Glendale Shoals (1 mile)
- Wadsworth Trail (3.6 miles)

**Types of Exercise**
- Easy
- Medium
- Hard