

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

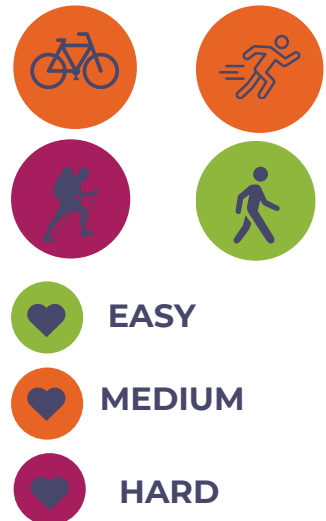
Exercise

- 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

HEALTH BENEFITS



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THE DANIEL MORGAN TRAIL SYSTEM