

NEW JERSEY TRAILS ASSOCIATION



Your guide to
walking is

www.njtrails.org

New Jersey Trails Association (NJTA) is a coalition of land preservation and conservation organizations spearheaded by D&R Greenway Land Trust. Their mission is to make accurate information about walking trails on preserved lands accessible to the public. At www.njtrails.org, you can find detailed information on 35 scenic trails, with more being added all the time. There are resources to make your walking and hiking experience safer and more fun such as:

- Color trail maps
- Driving directions to trail heads
- Trail amenities and difficulty ratings
- Notes on plant life, wildlife, history and geology
- Walking and hiking tips

Readily accessible information is an important ingredient in promoting more active and healthy lifestyles for the residents of New Jersey. Open space preservation organizations and municipalities are protecting natural spaces and helping to create and expand trail networks. People interested in walking, however, are often unaware of hiking paths that are within easy proximity of their homes. Residents of New Jersey's major cities, more removed from the rural and suburban settings of many pleasant walking routes, have even greater need for convenient information. New Jersey Trails Association is dedicated to helping people find their way to our parks and preserved natural lands and encouraging a healthier, more active lifestyle.





Walking is truly a universal way to exercise. It is appropriate for children, teens and adults of all ages.

Walking is simple and fun. You don't need years of training to walk effectively and you don't need a lot of special, expensive equipment. This is one reason walking is such a great activity for children.

Walking is good for you! Did you know that walking...

- Helps maintain healthy bones, muscles, and joints
- Reduces the risk of coronary heart disease, high blood pressure, colon and breast cancer and diabetes
- Improves stamina and muscle strength, even for those with chronic, disabling conditions
- Increases your feeling of well-being and can help reduce symptoms of anxiety and depression
- Helps control joint swelling and pain associated with arthritis
- Burns 100 calories – or more.—per hour
- Strengthens relationships when families walk together and encourages children to be more active

Walking doesn't have to be strenuous to result in better health. Daily moderate activity will have a positive impact on all aspects of fitness.

The resources you need to get started with a walking program are at www.njtrails.org, including tips on what to wear, walking form and ways to measure your progress. Maps and guides to beautiful trails throughout the state are available, so you'll always find new and interesting places to walk.

Make today the day you make a commitment to a healthier and more active lifestyle – take a walk!



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