

A stylized illustration of a park scene. On the left, a large tree with a thick trunk and a canopy of diagonal lines. In the center, a person is riding a bicycle, pulling a stroller. To the right, two children are on a swing set. The background is a solid green color with a white wavy line representing a path or grass edge at the bottom.

Time to get physical

Neighbourhoods with trees and natural areas promote physical activity which benefits health and well being.



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