



DID YOU KNOW

THE SCHUYLKILL CAN HELP YOU!



Mental Health

Spending time in nature, looking at plants, water, birds and other aspects of nature gives the cognitive portion of our brain a break, allowing us to focus better and renew our ability to be patient, reducing the effects of Directed Attention Fatigue (ny.gov)



Physical Health

Exposure to nature and trees lowers blood pressure, accelerates recovery from surgery or illness, increases energy level, and improves sleep (ny.gov). Not to mention the Schuylkill is a great place to jog, cycle, or take a walk!



Immunological Health

Phytoncides have antibacterial and antifungal qualities which help plants fight disease. When people breathe in these chemicals, our bodies respond by increasing the number and activity of a type of white blood cell called natural killer cells or NK. (ny.gov)



LEARN MORE

bit.ly/SRTFlyerProject



SCHUYLKILL RIVER TRAIL FLYER PROJECT

GOING OUTSIDE REDUCES BLOOD PRESSURE!



• GET FRESH AIR AT OUR
SCHUYLKILL TRAIL WITH A FRIEND! •

LEARN MORE AT [BIT.LY/SRTFLYERPROJECT](https://bit.ly/srtflyerproject)

NATURE IS FREE AT THE SCHUYLKILL RIVER TRAIL!

1 in 3 college students experiences loneliness, significant depression, and/or anxiety.

Time in green spaces significantly reduces the stress hormone cortisol in addition to reducing anxiety and depression

"When we experience something beautiful together... We are reminded that we're not alone"

- Florence Williams

Learn more about how using the Schuylkill River Trail can benefit you

BIT.LY/SRTFLYERPROJECT





Schuylkill Flyer Project



DID YOU KNOW?
BEING IN NATURE HELPS
YOUR IMMUNITY!

Exposure increases anti-inflammatory and immune cell activity, and reduces inflammation

With 75+ miles of greenspace, the Schuylkill River Trail is a perfect place to boost your mental and physiological health!

Learn more at:
bit.ly/SRIFlyerProject





Free Health Resource Near You!

The Schuylkill River Trail contains over 75 miles of greenspace where you can walk, run, socialize, or be at peace. It's right on our doorstep!

WHAT ARE THE BENEFITS OF BEING IN NATURE?

Exposure to urban environments is linked to **attention deficits**

60% of college students meet the criteria for **at least one** mental health problem

Exposure to natural environments improves **working memory, cognitive flexibility** and **attentional control**

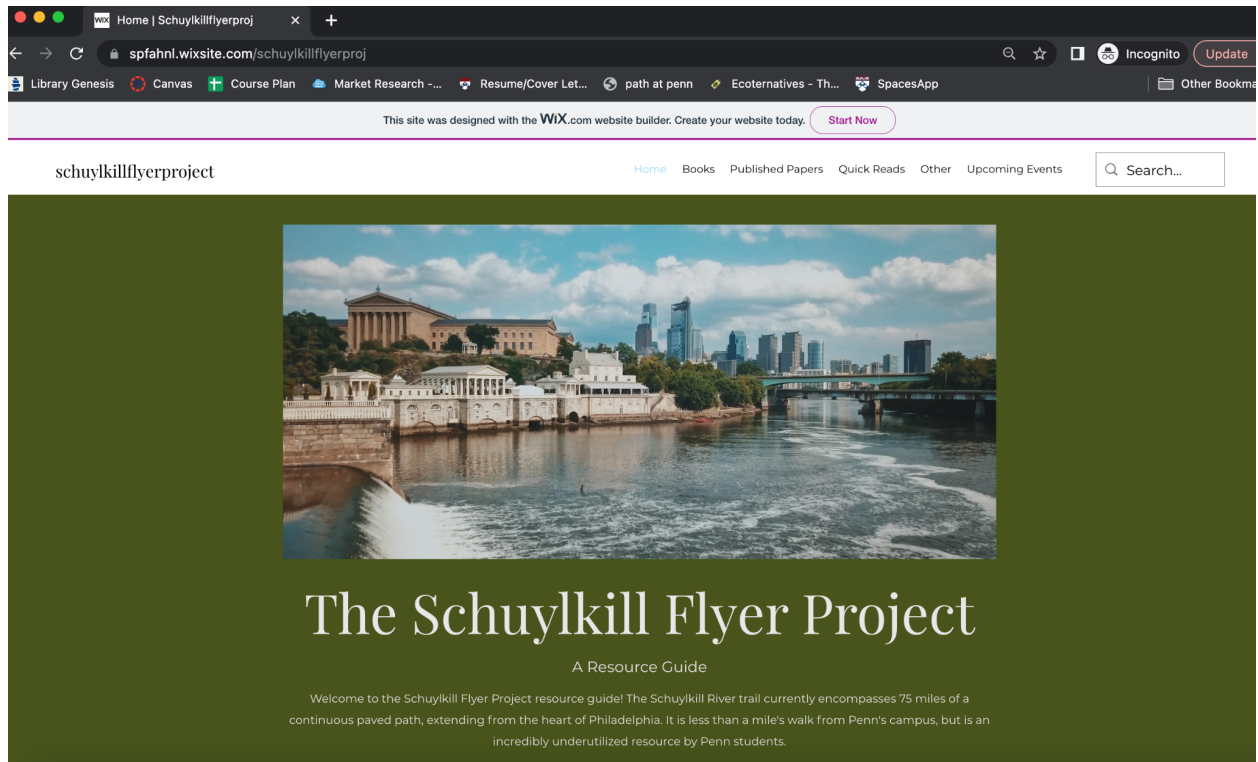
Contact with nature is associated with increases in **happiness**, a sense of **meaning in life**, as well as **decreases in mental distress**

Get to know more information on how to the Schuylkill River Trail can benefit you at bit.ly/SRTFlyerProject



* watermarks on some flyers due to Canva Pro features

Website Sample:



Link: bit.ly/SRTFlyerProject

