



For immediate release
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DCR LAUNCHES “HEALTHY HEART TRAILS” INITIATIVE
More than 70 trails designated statewide to promote healthy lifestyle

The Department of Conservation and Recreation (DCR) will launch a new Healthy Heart Trails program on Wednesday, June 3, designating short trails in state parks across the Commonwealth to encourage regular exercise and healthy lifestyles.

More than 70 trails in parks from the Berkshires to Cape Cod have been marked by a green heart symbol, representing DCR’s commitment to promoting outdoor activities and personal health and fitness. Each trail is about 1 to 1.5 miles long.

The Wednesday, June 3, event will be at 10 a.m. at DCR’s Castle Island in South Boston. Energy and Environmental Affairs Secretary Ian Bowles will speak, as will DCR Commissioner Rick Sullivan and Department of Public Health Commissioner John Auerbach. At the event, DCR will also celebrate the opening of the new shade shelter at Castle Island, which is located on the Pleasure Bay Healthy Heart Trail.

“Getting outside and walking regularly is one of the best ways to stay healthy and fit,” said DCR Commissioner Sullivan. “By marking these Healthy Heart Trails, DCR hopes to encourage everyone to walk through the parks, enjoy the great outdoors, and reap all the benefits that nature and exercise can bestow.”

“We are thrilled to partner with Commissioner Sullivan and DCR to promote physical fitness for all ages,” said DPH Commissioner Auerbach “Walking, biking, or running these trails is a great way to expand on our Mass In Motion campaign by helping people get involved in building healthier communities.”

Each Healthy Heart Trail will be marked with a green heart symbol, and hiking brochures will be available highlighting the length and route of each trail. The trails will also be featured on the DCR website with the name of each participating park, links to individual park pages, name of each trail, length of the trail, and its degree of difficulty.

DCR's launch of its Healthy Heart Trails on the American Hiking Society's National Trails Day is part of a country-wide effort by the National Association of State Park Directors and the National Park Service to connect families and individuals to the great outdoors and promote healthy lifestyles through active recreation.

COMMONWEALTH OF MASSACHUSETTS · EXECUTIVE OFFICE OF ENERGY & ENVIRONMENTAL AFFAIRS

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The new shade shelter, which faces Pleasure Bay and Boston Harbor, includes benches, solar-powered lighting, a raised roof to increase air circulation, and a new stone wall. Funds for the \$535,000 project came from the environmental bond bill Governor Patrick signed in 2008.

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The Massachusetts Department of Conservation and Recreation (DCR), an agency of the Executive Office of Energy and Environmental Affairs, oversees 450,000 acres of parks and forests, beaches, bike trails, watersheds, and dams, in addition to 278 bridges and miles of roadways. Led by Commissioner Richard K. Sullivan Jr., the agency's mission is to protect, promote, and enhance our common wealth of natural, cultural, and recreational resources. To learn more about DCR, our facilities, and our programs, please visit www.mass.gov/dcr. Contact us at mass.parks@state.ma.us.