

## **DCR's Partnership with Cascadian Farm and Larabar**

DCR is excited to announce a partnership with Cascadian Farm and Larabar supporting DCR's Healthy Heart Trail Program. The Healthy Heart Trail program connects families and individuals to the great outdoors and promotes a healthy lifestyle through active recreation. Trails are the heart of our parks. DCR invites everyone to make them the heart of healthy living. Find a Healthy Heart Trail near you and commit to a regular exercise routine. Each trail is identified by a green heart symbol. A Healthy Heart Trail is an easy to moderate walk approximately 1.5 miles long that is free, fun and fitness friendly.

DCR thanks Cascadian Farm for its donation of \$20,000 to DCR's Conservation Trust that will be designated for the Healthy Heart Trail Program. Cascadian Farm will also donate 500,000 Cascadian and 200,000 Larabar Nutritional Bars that will be available at DCR events, programs, and facilities.

In addition, they created and printed a wonderful Healthy Heart Trail Guide. The Guide features a statewide map highlighting our Healthy Heart Trail system across the Commonwealth. The Guide is available at DCR parks, forest and beaches statewide. Review the trail information, including length of miles, degree of difficulty and trail starting point. Be sure to download the tracking chart at [www.mass.gov/dcr/recreate/hht](http://www.mass.gov/dcr/recreate/hht) to calculate your progress. Join the list serve to receive Healthy Heart Trail updates and tips!

DCR thanks Cascadian Farm and Larabar for its support of the Healthy Heart Trails Program.. Together, we encourage everyone to look for the green heart symbol and start blazing a trail to better health.