
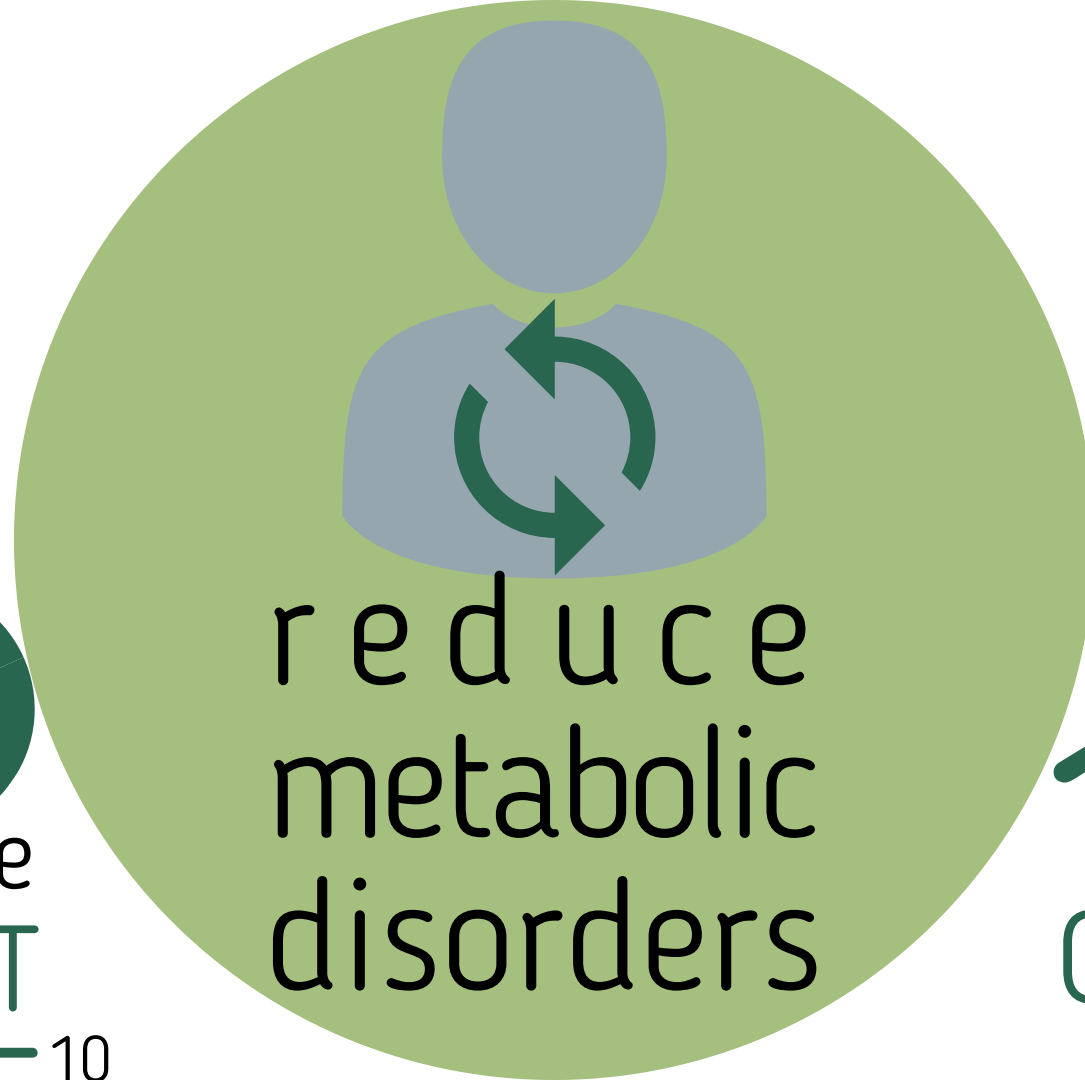



64% 
of Canadians are
**OVERWEIGHT
OR OBESE**¹⁰



1 in 3 
Canadians
live with
**DIABETES/
PRE-DIABETES**¹³

 access to
NATURE 
helps achieve
physical activity
rates of
obesity^{11,12}

a **3+** km
nature walk
can
 **BLOOD
GLUCOSE**
by
~40%
in type 2
diabetics¹⁴

