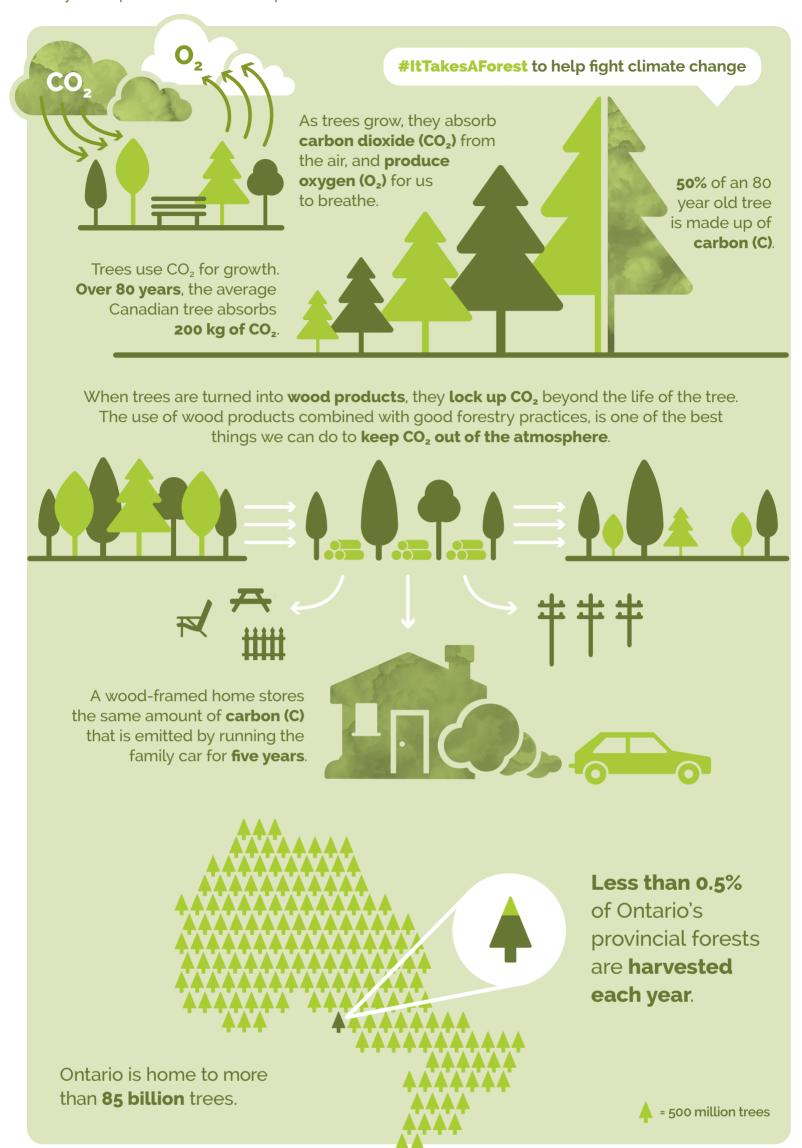
#ItTakesAForest

Forest Facts



ITTAKESAFOREST.CA

Forests are the centre of our lives. They supply the air we breathe, they clean our water, they provide habitat for animals, and they provide opportunities to enjoy nature. They also provide the wood products that make our lives better.





#ItTakesAForest to keep us healthy

Spending
as little as
20 minutes in
nature reduces
symptoms
of ADHD.

Regular use of parks, trails, and lakes for physical activity can reduce the risk of mental health issues by 50%.

Asthma rates in young children are

25%

lower in areas with trees.



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Healthy forests and their roots keep water clean.

Forests have been a source of inspiration for countless Canadian artists such as Emily Carr, Tom Thompson, and Steve Driscoll.



Wood is the material of choice where quality acoustics are important, such as **concert halls** and **auditoriums**.

Writing and reading on paper improves learning.



#ItTakesAForest to inspire our creativity