

Jack Fles
Gardiner
LD 29

The benefits of having the Merry Meeting trail project are many: 1. Exercise reduces medical costs. 2. Exercising in nature are beneficial to peace of mind. 3. Exercise promotes weight loss. 4. Aerobic exercise promotes health in the vital pulmonary and cardiac function. 5. When we moved to Maine in 1993 I seldom saw joggers or bikers. Now I see people every day on the river trail from Gardiner.. let's continue this healthy pattern which will attract others to make Maine their home.