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Organization:

Title:

Comments: I was diagnosed with diabetes earlier this year. I purchased an E-bike in May so I could exercise outdoors in the mountains by my home. I logged 300 miles this summer on trails I normally would not be able to access. Not only have the physical benefits been life changing for me but so has my mental health improved from exercising in the outdoors. The area I ride is a mixture of BLM, NFS and State ground. That mixture is much the same in all of the western United States. Having the Dept of Interior and NFS all the same page makes sense. I applaud the NFS for making our national forests accessible to millions of Americans who would otherwise not be able to experience their beauty.