

HEALTH BENEFITS OF HIKING

The mountains are calling

HIKING MAKES YOU HAPPIER



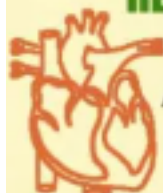
Hiking helps maintain and strengthen your mental health

IMPROVES OVERALL HEALTH

Hiking acts as an all-in-one exercise for improving our overall health



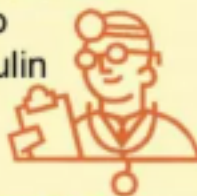
REDUCES YOUR RISK OF HEART DISEASE



A person can reduce both high blood pressure and cholesterol through frequent hikes

HELPS PREVENT DIABETES

Hiking is a great way to control the amount of insulin a diabetic requires



INCREASES BONE DENSITY

Hiking is an exercise that helps your bones build up a tolerance and strength



REDUCES ANXIETY AND TENSION

Hiking helps a person to relieve stress, anxiety and tension



HELPS WITH ARTHRITIS



Your body will push oxygen through its joints more easily and reduce inflammation

INCREASES CARDIO FITNESS

Hiking is an excellent source of **Cardio**



HELPS YOU SLEEP BETTER



Hiking allows you to sleep earlier and easier ensuring a full night of sleep

KEEPS YOUR WEIGHT UNDER CONTROL



One hour of Hiking will render a **500 calorie burn**