



PLAÇA MIREIA

This square is located in Collserola Park, below Sant Pere Màrtir, and one can easily get there by car from Pau Vergós Street in Esplugues city. A picnic area has recently been opened called Plaça Mireia Area near Mandra Fountain (La Font de la Mandra), right next to the square.

BENEFITS FOR HEALTH

- It decreases blood pressure at rest and during submaximal efforts.
- It helps control hypertension.
- It increases efficiency of the heart, it beats fewer times per minute but more blood pumps the body.
- It increases capillarization. That is, the amount of tiny veins that run throughout the body to nourish and carry oxygen to all muscle cells.
- It benefits the heart, lowers the heart rate and is an ideal sport for heart patients.
- It tones the muscles of the legs and helps maintain bone mass.
- It combats overweight because it increases caloric expenditure.
- The contemplation of natural beauty relaxes us and is a very effective way to combat stress and anxiety.
- It improves our social ties with family and friends.

