

WHAT IS HIKING?

Hiking is the action of going for long walks in the countryside

WHAT IS HEALTH?

State of being free from illness or injury

HIKING AND HEALTH



WHAT IS HIKING?

Hiking is the activity of walking or marching a great distance, especially through rural areas, for pleasure, exercise, military training or similar.



WHY IS IT HEALTHY?

This sport, like many others, helps us fight sedentary lifestyle and improve our cardiovascular health while increasing our lung capacity, our endurance and the strength and tone of the lower body.



WHAT KIND OF PEOPLE CAN PRACTICE IT?

Being a non-competitive sport and adaptable to different levels, this activity is suitable for all ages and all types of people.

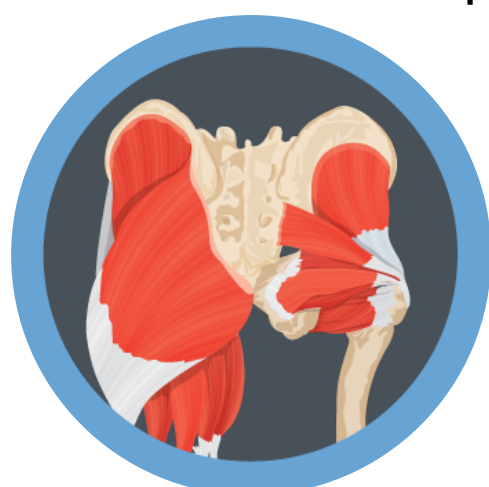


WHAT MUSCLES DO WE WORK?



While hiking, we mainly work the lower body muscles, such as the quadriceps, the hamstrings, the calves or glutes.

Other muscles that are also used are abdominals, which help us stay upright and carry the weight of



a backpack, and the hip muscles, which include adductors, abductors and flexors.