

EXPLORER

GASČIŪNAI BASIC SCHOOL

**LOVE
YOURSELF,
BE HEALTH**

**TRAVEL IS
OUR
HAPPINESS**

A scenic view of a mountain valley with a road leading into the distance under a blue sky with clouds. The road is paved and has white dashed lines. The mountains are covered in green vegetation and some rocky patches. The sky is bright blue with scattered white clouds.

THE

MOUNTAINS

ARE

CALLING

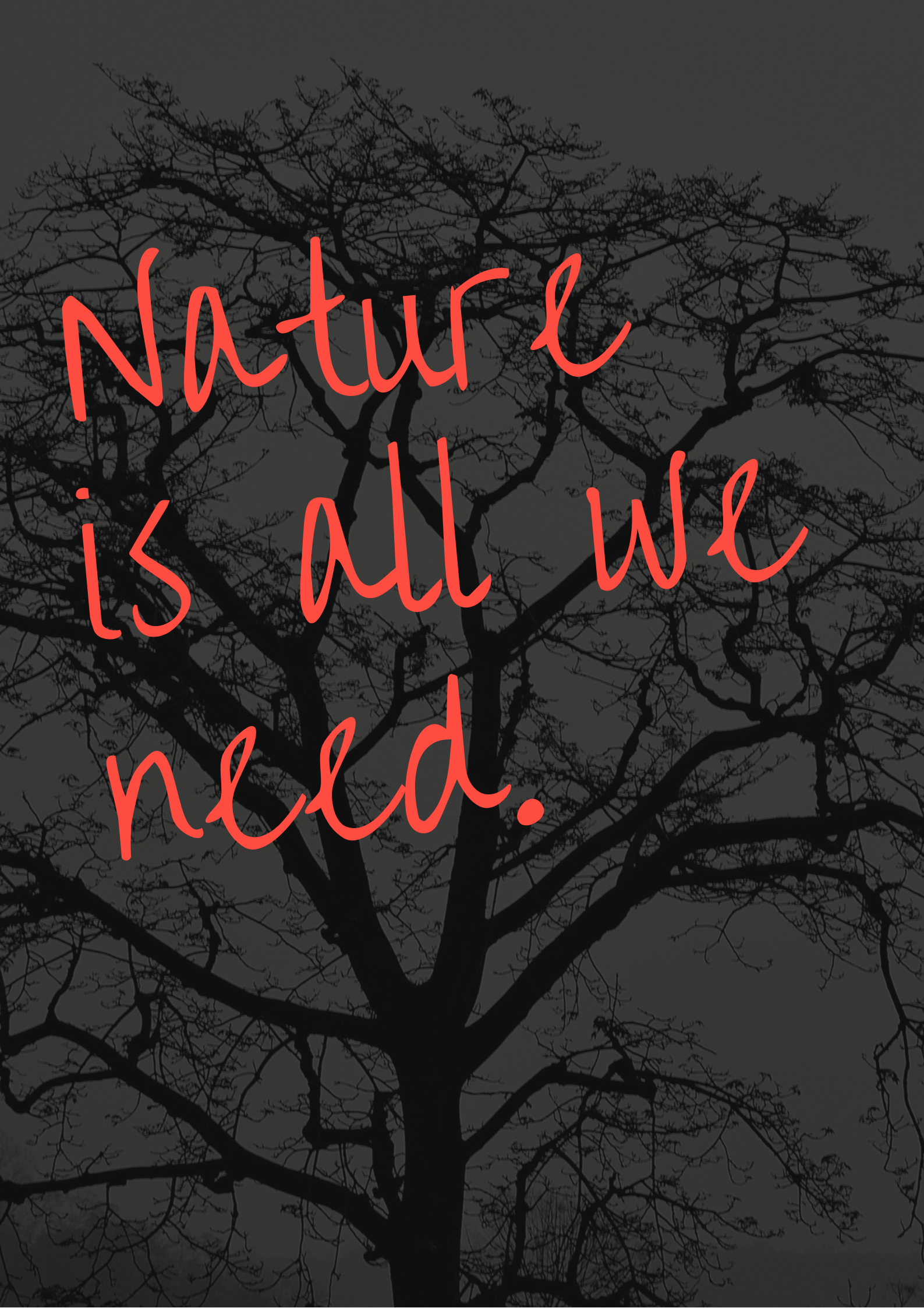
AND

I MUST GO

SOME REASONS, THAT HIKING IS GOOD FOR YOUR SOUL (AND WHY YOU SHOULD START HIKING TODAY!)

- Physically, the benefits are numerous. Getting outside for even a short hike regularly can reduce your risk of heart disease, lower blood pressure and cholesterol and help to prevent type II diabetes.
- Hiking makes you strong. And it doesn't just work your legs. Clambering over uneven surfaces and navigating your way around rocks, fallen trees, across streams and over tree roots engages your core and works your upper body for a true holistic work out.
- Hiking clears the mind and reduces stress
- Improve your memory through hiking
- Studies have shown that people who regularly spend time in natural settings, hiking or otherwise, have improved memory and recollection. So if you're rubbish at sudoku like me, just grab your boots and hit the track!
- Hiking with friends. Hiking alone can be a spiritual and rejuvenating experience, but hiking with friends and sharing the experience can bring you closer together to form stronger bonds and create lasting memories.

"The only way of finding the limits of the possible is by going beyond them into the impossible."



Nature
is all we
need.