

The relation between hiking and physical condition

GUEST POST

Why is Hiking so Good for You?

EXPLORE | BREATH | GET FIT



Physical Health and Development



May establish early enthusiasm for physical activity



Offers more motor skill improvement than traditional playground play



Enhances muscle growth



Reduces likelihood of obesity



Supports heart and lung growth



Improves balance and coordination



Stimulates digestion and improves the appetite







Mental Benefits of hiking

Stretching Exercises

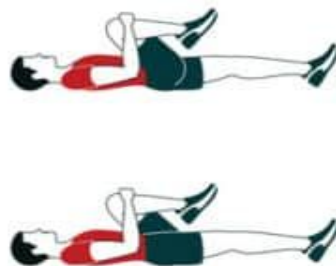
Hamstring Stretch



Calf Stretch



Knee to Chest Stretch



Quadricep Stretch



Lying Down Twist



Cross-Arm Stretch







*Healthy mind in an healthy body,
Healthy mind healthy learner*





The
End