

DOES HIKING SHAPE BETTER YOUR BODY?

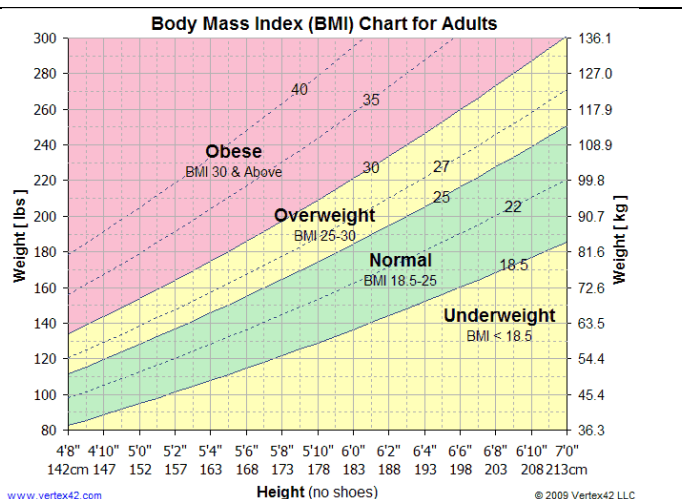
HIKING BELONGS TO ONE OF MANY OPTIONS HOW WE CAN BETTER SHAPE BODY. IT IS A GOOD WAY HOW TO JOIN PLEASANT WITH USEFUL, ESPECIALLY FOR NATURE LOVER.

HIKING HAS MANY ADVANTAGES. ONE OF THEM IS ALSO, THAT DURING SUCH A MOTION YOU BURN A LOT OF CALORIES. YOU CAN BURN ABOUT 500 CALORIES PER HOUR BY HIKING IN MANY DIFFERENT MOUNTAIN TERRAINS. THE FASTER HIKING OR WALKING IS THE BETTER IT IS BURNING CALORIES. THE SAME RELATIONSHIP IS : BY HIKING IN MORE ARDUOUS TERRAIN YOU BURNS MORE CALORIES. THE OTHER ADVANTAGE IS THAT HIKING YOU CAN PRACTISE IN NATURAL ENVIRONMENT WITHOUT THINKING IN YOUR MIND THAT YOU REALLY DO EXERCISES AS AN OPPOSITE OF DOING EXERCISES IN GYMS. DURING HIKING YOUR MIND IS MORE CONCENTRATED ON THE NATURE, BEAUTIFUL MOUNTAINS, HILLS, RIVERS AND STREAMS, ANIMALS, PLANTS, MUSHROOMS, ALL NATURAL BEAUTIES OF LANDSCAPE AND DOING EXERCISES IS AS A BY- PRODUCT WHICH CAN HELP US BODY SHAPING, GOOD CONDITION. E.G. DURING FITNESS IN GYM IS NOT SO EASY.

HIKING CONTRIBUTES FOR IMPROVING OUR PHYSICAL AND MENTAL HEALTH, TOO. IT IS A GOOD THERAPY AS PREVENTION FROM STRESS. AFTER REGULAR HIKING YOUR HEARTH AND MUSCLES WILL BE STRENGTHENED, YOUR SLEEPING AND THE WHOLE CONDITION WILL BE BETTER.

IS THIS PROBLEM YOURS?

YOU WALK, BUT UP TILL NOW YOU HAVEN'T LOST MY WEIGHT ?



ARE YOU WALKING OR HIKING, YOU REALISED MANY DIFFERENT ARDUOUS ROUTES AND PATHS, BUT YOU CANNOT REDUCE YOUR WEIGHT, AS YOU WISH? BY HIKING IS POSSIBLE TO LOSE THE OVERWEIGHT AND WELL SHAPE THE BODY, BUT YOU MUST DO MORE THAN ONE ARDUOUS ROUTES PER MONTH. IF YOU WISH TO BE SUCCESSFUL IN WELL BODY SHAPING YOU MUST PRACTISING HIKING REGULARLY OR ALTERNATE HIKING WITH THE OTHER PHYSICAL ACTIVITIES. INSTEAD OF ONE ARDUOUS AND LONG ROUTE YOU COULD PREFER BETTER SEVERAL SHORTER ROUTES RESPECTIVELY WALKING IN THE NATURAL ENVIRONMENT. WELL IS TO RESPECT THE IMPORTANT GUIDELINES FOR HEALTHY FOOD AND AVOIDING JUNK FOOD.

PROJECT TOGETHER ... WE MAKE THE WAY
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AND AS A CONCLUSION THE REPLY TO THE ANSWER WHAT IS BMI? BODY MASS INDEX (BMI) IS A MEASURE OF BODY FAT BASED ON HEIGHT AND WEIGHT THAT APPLIES TO ADULT MEN AND WOMEN.

PRIMARY AND SECONDARY SCHOOL
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