

HEALTH BENEFITS OF HIKING

Comenius 2013-15. Project: Together...we make the way

Hiking makes

- my heart stronger
- my legs stronger
- my body more flexible

Gives me

- more vitality
- a better mood
- body strength
- relief of stress
- more energy

Makes me feel

- better
- full of energy
- energetic
- active
- happy
- fit

Helps me

- stay with my friends
- burn calories faster
- socialise
- keep fit
- relax
- unwind
- sleep better
- lose weight

Improves

- my health
- my muscle tone
- my mental fitness
- my mood
- my fitness
- my mood

