Health Benefits of Hiking

 Although hiking may sound extremely simple there actually many complicated things that happen, while one is on a hike. All of these complicated things happen inside your body, yet you may not even know of half of them. Hiking is great for your health because it improves your cardio-respiratory fitness. Meaning it improves things like your lungs, blood vessels and heart. Also it improves the muscles in your lower body. Muscles like your gluts, hamstrings, calves, soleus and much more, are improved by hiking. Hiking doesn’t only make your body clean, it also lowers the risk of: coronary heart disease, stroke, high blood pressure, type 2 diabetes, high cholesterol, triglycerides, colon and breast cancer. Increase of bone density is another of the many great things hiking does. Now for more mental things, hiking reduces depression and gives better quality sleep. It does this by taking your mind of things and helping you relax. For the more serious matters of life like death, hiking helps too! Hiking lowers your chance of an early death. Just seven hours a week and you become 40% lower to die early. Of course hiking also helps you lose fat and burn calories. It burns over 275 calories per hour. Last but not least hiking is a great way to get vitamin D, while enjoying a great view.