



# The benefits of walking and hiking

Hiking can be enjoyed by people of all ages with a clean bill of health. One can begin hiking at any age. For elderly people, walking is often the only available method of exercise that helps to improve and maintain health.

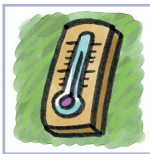
Walking is very beneficial for the respiratory and cardiovascular systems: the blood oxygenates the vital organs more rapidly, and at the same time cholesterol is decreased.

There are also has beneficial effects on the digestive tract. Taking a walk eases the digestion of food and helps to eliminate toxins from the body. Evening walks can also contribute to good sleep.

A great natural antidepressant, walking reduces stress and is uplifting and energising.

Hiking is a great way to take off excess weight, and also significantly slows the ageing process.

The most important rules are:



## Regularity

Walk regularly, regardless of the time of year or the weather.



## Pleasure

Walking should be fun, not a source of pain or discomfort.



## Pace

Increase your stamina gradually by starting out on easy terrain over short distances and working up from there.



## Duration

A good walk should typically last at least 30 to 40 minutes.

Walking is the simplest and most affordable way to improve your health. All that is needed in addition are proper nutrition, good hygiene and sound sleep!