

# 9 BENEFITS OF



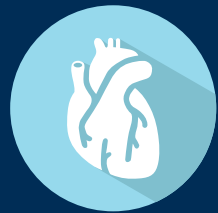
## HIKING



LOWERS RISK  
OF COLON AND  
BREAST CANCER



LOWERS RISK  
OF HIGH BLOOD  
PRESSURE



LOWERS RISK OF  
HEART DISEASE  
AND STROKE



IMPROVES  
CARDIO-  
RESPIRATORY  
FITNESS



ASSISTS IN WEIGHT  
CONTROL - 400+  
CALORIES/HOUR



IMPROVES  
MUSCULAR  
FITNESS



IMPROVES  
MENTAL HEALTH



IMPROVES  
MEMORY



DECREASES  
STRESS