According to an article in WebMD, hiking provides a multitude of benefits besides the physical! It provides nice views, fresh air and you can’t beat the sounds and smells of nature! But don’t underestimate its physical benefits either:

1. Lower your risk for heart disease.
2. Improves your blood pressure and blood sugar levels.
4. Strengthens your gluts, quads, hamstrings and the muscles in your hips and lower legs.
5. Strengthens your core.
6. Improves balance.
8. Boosts your mood!

Think hiking is just for people that live in Colorado?? Think again!! If you google **HIKING TRAILS IN THE NORTH DALLAS AREA**, you’ll be surprised at what’s right in your own backyard!

Now that the kids are out of school . . . Make it a family event!