



## Health Yourself Byte

### JUNE 6 – NATIONAL TRAIL DAY

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. Lowers your risk for heart disease.
2. Improves your blood pressure and blood sugar levels.
3. Boosts bone density.
4. Strengthens your gluts, quads, hamstrings and the muscles in your hips and lower legs.
5. Strengthens your core.
6. Improves balance.
7. Helps control weight.
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!



The Medical  
Center of Plano