

Happy healthy hiker help.



The more you hike the happier and healthier you are.

By: John Muir

John Muir was onto something when he said, "In every walk with nature, one receives far more than he seeks." Hikers battle bug bites, blisters and bruises for the sake of overcoming a challenge and enjoying some quality time with nature. But along with the snow-capped mountain tops and ocean views come an abundance of mental and physical perks.

Here's what hikers can teach the rest of us about leading a happier, healthier life.

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A photograph of a woman with long dark hair, seen from behind, sitting on a large, layered rock formation. She is wearing a black tank top and shorts. She is looking out over a vast desert landscape with rolling hills and mountains under a clear blue sky.

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