



## POINT REYES TRAIL CHALLENGE HEALTHY PARKS, HEALTHY PEOPLE BENEFITS OF HIKING

Dust off your hiking boots and register for the 2013 Point Reyes Trails Challenge, a self-paced hike-a-thon and fundraiser for Point Reyes National Seashore's trails and wildlife that promotes Healthy Parks, Healthy People: Bay Area. This event provides Bay Area residents with free and easy access to trails to improve your health and well-being and encourages regular use and enjoyment of your seaside national park. Hiking outdoors has many health benefits too, so grab a friend or two and challenge yourself to get outdoors this summer in support of your health and park trails at Point Reyes!

**Nurture yourself with nature today!**



### BENEFITS OF HIKING

Improved cardio-respiratory and muscular fitness

Lower risk of coronary heart disease and stroke

Lower risk of high blood pressure and type 2 diabetes

Lower risk of high cholesterol and triglycerides

Lower risk of colon and breast cancer

Increased bone density or a slower loss of density

Reduced depression and better quality sleep

Lower risk of early death

Weight control; hiking burns up 370 calories an hour!

Creates quality time with family and friends

Mental relaxation, rejuvenation and awareness of the environment and your body's natural rhythms

The Point Reyes Trails Challenge is a program of Point Reyes National Seashore Association in support of healthy recreation and park trails at Point Reyes National Seashore.

Learn more at [www.ptreyes.org](http://www.ptreyes.org) or contact us at [trailschallenge@ptreyes.org](mailto:trailschallenge@ptreyes.org)