

GOODHEALTH

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**STRIVE FOR 95
VACCINATIONS**

**IN MEMORIAM
DR. ERNO DANIEL**

**MICHAEL POLLAN
TICKETS ON SALE NOW**

**MS SPECIALIST
WELCOME, DR. WEST**

**WEIGHT LOSS
SUCCESS**

**A WORLD BEYOND
MEDICAL MISSIONS**



Hiking for Health

JOHN MCKINNEY

Walking has always been considered a healthful activity, and rambling through the countryside even more so. The great naturalist John Muir wrote of the value of “places to play in and pray in, where nature may heal and give strength to body and soul.”

Modern life, though, seems to demand we spend most of our days sitting around or driving around and leaves precious few opportunities for time to walk a trail in the great outdoors and gain the healthful benefits of time spent in nature.

Researchers around the world have recently quantified and scientifically proven the mental and physical health benefits of time spent in nature and the benefits of hiking in particular. It turns out a hike is a doubly healthy endeavor, combining all the benefits of time walking and all the benefits of spending time in nature.

Going for a walk in a natural setting provides mental, spiritual and physical rejuvenation—and hiking is just plain fun, whether you take to the trail with a companion or alone with your thoughts. Fortunately for anyone who lives in Santa Barbara County, a rich variety of trails is located from water’s edge to the mountains in our big backyard.

For those concerned about losing weight or dealing with stress—and it seems like just about everyone is these days—hiking is an ideal way to slim down, firm up, reconnect with nature, and restore body, mind and spirit.

Government and outdoor recreation industry statistics show that hiking is among the most popular form of outdoor recreation. By some accounts, more than 60 million Americans say they like to hike.

Many on the generational continuum—from Baby Boomers to Generations X and Y, and even younger—know that hiking is a great way to have fun. And most people intuitively know that it’s good for you as well. Time on the trail leads to trim and fit bodies with strong muscles, toned abs, great legs and good endurance—all great reasons to take a hike!

John McKinney, hiking expert and long-term Santa Barbara resident is the author of 25 books about hiking, parklands and nature including HIKE for Health & Fitness. John is a passionate advocate for hiking and our need to connect with nature. He serves as an advisor for the Healthy People Healthy Trails program being developed by Sansum Clinic and the Santa Barbara County Trails Council with the support of the National Park Service’s Rivers, Trails, and Conservation Assistance Program. Visit John McKinney on the web at: www.thetrailmaster.com.

For more information on walking for health, local walking tours and trail guides, visit the Sansum Clinic Health Resource Center, 215 Pesetas Lane, Santa Barbara, (805) 681-7672, www.SansumClinic.org/health-resource-center. ☀





John McKinney

Ten Ways Hiking Contributes to Health & Wellness

- 1 Hike Off Excess Weight
- 2 Hike for Cardiovascular Fitness
- 3 Hike to De-Stress
- 4 Hike for Improved Mental Health
- 5 Hike for Lower Blood Pressure
- 6 Hike to Prevent Osteoporosis
- 7 Hike to Prevent & Control Diabetes
- 8 Hike to Reduce Joint or Arthritis
- 9 Hike to Relieve Lower Back Pain
- 10 Hike to Slow the Aging Process

Good News For Your Good Health

Sansum Clinic and Santa Barbara County Trails Council are working with the National Park Service to bring Healthy People, Healthy Trails to Santa Barbara County.

This new program will be an exercise prescription for the great outdoors.

Stay tuned for more information on how you can participate in 2015. ●



SANTA BARBARA COUNTY
Trails Council

