

HIKING IS EXHILARATING TO ME

Working out sometimes feels like a chore but I am committed to it. I choose exercise that increases my energy. Taking hikes exhilarates me, so I include them in my weekly workout routine.

I practice fitness at the gym during the week, but I go for long, early morning hikes during the weekend.

The scenery is uplifting. It is refreshing to feel my body work as I absorb the beauty of the natural environment around me. Challenging slopes are manageable because I am breathing fresh air.

I look forward to getting to the top of a mountain. I feel proud of myself each time I accomplish that feat without quitting.

It is also breathtaking to fill my nostrils with the scent of greenery and my lungs with clean air. My body hardly notices the wear it undergoes as I take in the moment at the top of the slope.

The views from that vantage point are spectacular. They urge me to take a moment to be thankful for the blessings of nature.

Seeing the treetops in their wonder reminds me to hold my head up. I feel proud of who I am when I see tall trees beaming above everything else. They are my inspiration to ignore the opinions of others and let my brightest light shine.

Today, I appreciate hiking for both its health benefits and its ability to connect me to my inner greatness. It is inspiring to take on a climbing challenge in the midst of nature that nullifies any other choice but perseverance.

REFLECTION QUESTIONS

1

How does hiking make me feel, and why is it an important part of my exercise routine?

2

What benefits do I gain from spending time in nature while hiking?

3

How can I incorporate more outdoor activities like hiking into my regular fitness routine?