

Hiking



Oh hiking, peaceful,relaxing,outdoors. Everyone loves hiking. You can hike in many places like the woods or at the park or even in your backyard. Hiking is a way to get outside and spend time with your family. Some families when they go hiking they look for a certain thing like a red leaf or a stick shaped like a Y.

It also gives you a lot of exercise. If you put a fitbit on you I bet the number of steps you take will be pretty big. When I take a hike I nomily I take short hikes almost 2 times a week and I will tell you this, when I ran a mile the first my time was 11 minutes and the next time I did I it was 9 minutes. That shows you how much hiking chands me.

It will also gives you a chance to see all of the beautiful things nature has in store for you. Like squirrels or deer and maybe even bears.

I definitely encourage you to get outside and go for a hike. well,I made my point and it is that hiking is very good for you and like I said before I definitely encourage you to go outside and convince your parents to go on a hike!

Jack Staggs, 8 years old - 2nd Grade