

Seven reasons to take up hiking this spring



● UNSPLASH

Social Desk

EXCLUSIVE

There are numerous advantages to hiking, both as a sport and a hobby. It's tough to find a better time to start this fantastic activity than during the early days of spring when nature provides its most stunning and rejuvenating scenery.

Following you will find seven reasons that you can consider for committing to the fun, worthwhile activity:

First and foremost, hiking has physical health benefits as a great form of exercise that can help improve cardiovascular health, build muscle strength, and increase endurance.

According to the American Heart Association, hiking is an excellent way to improve cardiovascular health. "Hiking uphill, or even on a flat surface, increases your heart rate and oxygen intake, which strengthens your heart, lungs, and blood vessels," the organization notes.

Additionally, hiking can build muscle strength and increase endurance, as it involves using multiple muscle groups and can be a great aerobic workout. A study published in the International Journal of Environmental Research and Public Health found that hiking can also have positive effects on blood pressure and cholesterol levels. The study found that participants who hiked regularly had lower blood pressure and higher levels of "good" cholesterol than those who did not hike.

Furthermore, hiking can be a low-impact form of exercise that is easier on the joints than running or other high-impact activities. This makes it a great option for individuals with joint pain or arthritis.

The second reason to consider hiking as a hobby for this spring is its mental health benefits, since being in nature and getting fresh air can help reduce stress and anxiety, boost mood, and improve overall mental well-being.

In the article 'the benefits of nature experience: improved affect and cognition', the authors hold that "Exposure to nature, including hiking, has been associated with reduced symptoms of anxiety and depression, improved mood, and enhanced cognitive functioning."

The third reason is the opportunity for exploration: Hiking allows you to explore new places and discover beautiful scenery that you may not have seen before, especially during the early days of the spring when the weather is kinder to us all.

Another important and mostly overlooked reason is hiking's social benefits, for it can be a social activity, allowing you to connect with others who enjoy the outdoors and share similar interests.

Moreover, hiking is extremely affordable in comparison to other forms of sports, since it's a low-cost activity that does not require expensive equipment or memberships.

The sixth reason is its

versatility: Hiking can be adapted to suit different fitness levels and preferences, whether it's a leisurely stroll or a challenging climb.

A study published in the Journal of Physical Activity and Health found that hiking can be an effective form of exercise for people of varying fitness levels. The study followed a group of hikers over a six-month period and found that the participants experienced improvements in cardiorespiratory fitness, muscular endurance, and body composition.

And the last but not least, hiking is eco-friendly. The increasingly popular hobby is an eco-friendly way to enjoy the outdoors as it does not rely on motorized transportation and promotes conservation efforts. As a low-impact activity that does not require any machinery or equipment that emits harmful pollutants into the environment, hiking is the ideal outdoorsy activity for the green-minded people. Unlike other forms of transportation or

outdoor activities, hiking does not contribute to air pollution, noise pollution, or soil erosion.

In addition, hiking is a way to appreciate and connect with nature. By hiking, individuals can experience and appreciate the natural beauty of the environment without causing any harm to it. Hiking also promotes conservation efforts by encouraging people to appreciate and protect natural habitats.

What's more? Hiking can also have positive effects on the environment by promoting eco-tourism and supporting local economies. By choosing to hike in natural areas, individuals can support conservation efforts and promote sustainable tourism practices that benefit the environment and local communities.

And if all of these reasons are not enough to encourage you to take up hiking as soon as possible, maybe John Muir's words will.

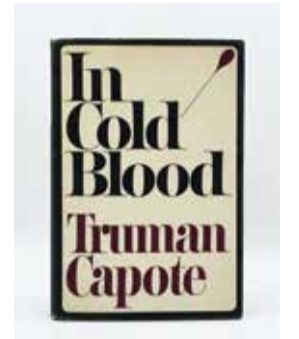
"In every walk with nature one receives far more than he seeks."

IRAN READS

'In Cold Blood' by Truman Capote

EXCLUSIVE

Just remember: If one bird carried every grain of sand, grain by grain, across the ocean, by the time he got them all on the other side, that would only be the beginning of eternity.



One of Iran's bestsellers this week is a new translation of Truman Capote's nonfiction masterpiece, 'In Cold Blood'.

The book is a true crime classic that tells the chilling story of the brutal murder of the Clutter family in Holcomb, Kansas. The book is a masterpiece of literary nonfiction that reads like a novel and takes the reader on a journey through the minds of the killers and the community they terrorized. Capote's writing style is meticulous and detailed, and he leaves no stone unturned in his quest to understand the motives and psychology of the murderers, Richard "Dick" Hickock and Perry Smith. The author's interviews with the killers, their families, and the townspeople create a vivid portrait of a community shattered by violence and fear.

What makes 'In Cold Blood' stand out from other true crime books is its emotional depth. Capote doesn't just recount the facts of the case, he delves into the lives of the victims, the killers, and those who were affected by the crime. He humanizes everyone involved, showing their vulnerabilities and flaws, and making them feel real to the reader.

The book is also a master class in narrative structure. Capote weaves together multiple storylines, jumping back and forth in time, building suspense, and creating a sense of inevitability as the story hurtles towards its tragic conclusion. The result is a gripping page-turner that is impossible to put down.

'In Cold Blood' is not just a true crime classic, it is a work of art. Capote's prose is beautiful and haunting, and his ability to capture the essence of human nature in all its complexity is unparalleled. This is a book that will stay with you long after you've turned the final page.

PIC OF THE DAY



The ninth Karaj Tulip Festival has recently taken place at the Shahid Chamran Park's flower garden in Karaj, Alborz Province, to mark the beginning of spring. The festival showcased a stunning display of 200,000 tulip bulbs in 20 different varieties and colors, as well as a variety of seasonal flowers and plants. The highlight of this year's festival was the largest flower carpet in the Middle East, covering an impressive 2,700 square meters. The festival began on April 10, 2023, and will continue until the tulips have reached their peak freshness. It's a must-visit for anyone with an interest in nature and flowers.



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