

Wellness Wednesday March 4, 2020

March Fourth! March forth! today is one of my favorite unofficial holidays. The only date in the calendar that is also a command.

In our family, we try to take a hike on March 4th as a fun way to celebrate that Spring is on it's way. We've seen before that being in nature is good for our mental health. Hiking in nature takes that up a notch. It's not only great physical exercise but it can have a powerful influence on your mood. Here an article that explains those positive benefits:

<https://www.lifehack.org/363786/doctors-agree-hiking-good-for-your-mental-health>



[Doctors Tell Us How Hiking Can Change Our Brains](https://www.lifehack.org/363786/doctors-agree-hiking-good-for-your-mental-health)

"Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves," wrote John Muir in Our National Parks. Clearly, John Muir understood the intrinsic value of spending time in nature.

www.lifehack.org

So let's take a hike!

Where is your favorite place to hike/walk locally? If there are hidden treasures out there that I've missed, let me know. We love to go to the Trace-Pitman Greenway walking trail during the week because it's easily accessible and it's a beautiful walk.

<https://www.alltrails.com/trail/us/kentucky/trace-pitman-greenway-trail?u=m> There are several trails at Green River Lake if you've got a bit more time:

<https://www.alltrails.com/parks/us/kentucky/green-river-lake-state-park>

Clay Hill also has some trails you may want to check out:

<https://campbellsvilleky.com/listings/clay-hill-memorial-forest-3/>

I'll leave you with some hiking inspiration. This summer, Lucy, Scott and I visited Badlands National Park in South Dakota. We had researched the trails and really wanted to hike Notch Trail but were nervous about this:



a steep wooden ladder that leads to the top of a butte. I'm so glad we didn't let those nerves hold us back.



We had an amazing hike.

and felt pretty proud of ourselves too!



So quit reading this email and go take a hike! 😊