

Guillermou

I have belonged to a mountaineering club and I have observed that on excursions some people carried their backpacks resting mostly on their lower back. 80% of the adult population suffers from some episode of back pain, but there are more and more children who complain of this pain. The big culprit? The backpack... The excessive weight that most children carry in their backpacks and on their shoulders is leading many children to suffer back injuries, due to overexertion and muscle fatigue. When buying a new backpack, keep these simple tips in mind, they are suitable for both children and adults:--- 1- Do not carry more than 10% of your weight.

For example, if you weigh 55 kilos, you can carry a maximum of 5.5 kilos on your back. ---2- Use backpacks with wide, padded straps that fit well on the shoulder. ---3- Always carry the backpack on both shoulders. ---4- Place heavy objects first. Additionally, these should be in the part of the backpack closest to the back. --5- To lift the backpack, you have to crouch down by bending your knees or, much better, carry it on a table and place it on your back from there, without bending over. ---6- Keep your spine straight and not curved, to carry the backpack. www.naturalspine.es/wp-content/uploads/2018/11/postura-correcta-con-mo..

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Guillermou

We can consider walking in a forest. According to the Global Wellness Institute, forest therapy (or forest bathing) broadly means absorbing, through all the senses, the atmosphere of the forest. It is not simply a walk in the woods, but a conscious and contemplative practice of immersing yourself in the sights, sounds and smells of the forest. It is focused on slowing down and appreciating all aspects of the environment. Forest therapy originated with the Japanese practice of shinrin-yoku, which translates to "forest bathing," developed in the 1980s to promote physical and mental health.

The physical and mental health benefits of exposure to forests and other natural environments include positive effects on the cardiovascular and immune systems and reduced stress levels. A study by researchers in Japan found that for a group of urban office workers, the physiological and psychological relaxation benefits lasted three to five days after forest therapy. One study found that, compared to an urban walk, a leisurely walk in the woods led to 12 percent lower levels of stress hormones, as well as a decrease in blood pressure and heart rate and an increase in immune function.

Studies have also found that walking in nature improves attention and reduces ADHD symptoms in children, and has also been associated with increased creativity and problem-solving abilities. The link refers to more benefits of "forest bathing" www.psychiatry.org/news-room/apa-blogs/forest-bathing-benefits-mental-.. (2024) 15 MAJOR BENEFITS OF WALKING, ACCORDING TO EXPERTS www.prevention.com/fitness/a20485587/benefits-from-walking-every-day/

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grulla

"I have belonged to a mountaineering club and I have observed that on excursions some people carried their backpacks resting mostly on their lower back." Sounds to me like WWs I&II German army fanny packs. Eins, zwei, drei, vier, wir alle must maschier. lol! (Please excuse any misspelling, grammar, and stereotypes. lol.)

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billstri

I wonder if there are any good benefits of wearing a wearing a weighted vest when walking if you are already overweight or obese, which I believe is at least 70% of the adult population. You are already carrying enough weight and if you are just overweight, it is probably evenly distributed naturally. Since 70% of the population is overweight or obese, I think a lot of research money should be spent on studies that are safe and effective in getting off the excessive weight and keeping it off. The health care industry is far, far behind in solving this problem because it produces a lot of extra income for the medical and the insurance industry in the disease and handicap problems it causes. Is it just PUFA's, or are there other causes, or is it mental health? If it is PUFA's, the government should ban ban any ultra processed food that contains more than 1 gram of PUFA per 200 calorie serving.

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Almond

Weighted vests sound like a miserable idea. At least if you consider this in summer, get one of those insulated vests with ice packs.

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cheryl.

I've been wearing a weighted vest while walking for 4 years now (2 mile walks, with hills, rural), almost daily. My first vest was miserable. I then found a very comfortable vest designed for women from a company called Betterbones on the internet, you can get the vest (zips up the front) or a belt, and add the weight where you want it. I wear the belt in the hot summer so I'm cooler, and the vest in the winter which helps me keep warmer. I think if you find the vest that fits you right and is comfortable, then it can work for you. I can't imagine a walk without my vest.

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I disagree with having a weighted vest. In my hikes, I developed other skeletal problems when I carried in front of me, a 1990's video camera or a heavy professional 35 mm film camera. I found I had to generally keep those things in my daypack or backpack. Nowadays, I do okay with a compact, lightweight digital camera in front ready to go. People like fanny packs because backpacks that fit best also cause lots of sweating of your back and your shirt gets soaked with sweat on warm days and 10+ mile hikes, but fanny packs with weight in them are not comfortable and the weight in them shifts in bad ways.

What I suggest for weight in a pack is at a minimum to carry bottles of water, healthy food items like Dr. Mercola protein bars, a raincoat, camera, bug repellent, basic first aid supplies, hat, and such. No need to carry rocks or dead weight. Best time of day for a hike may be early morning as there is less air pollution in the morning. For people that backpack and spend nights on the trail in tents, the maximum amount of weight you can carry in a well fitting pack is usually up to 20% of your body weight for extended backpacking.

Most of that weight should be on your hips, not your shoulders. If you don't know that, you will discover you need a hip belt on your pack when you go on long hikes that go on for several hours. With lots of training, you can gradually build up to carrying 25% of your body weight. Any more than that is meant for professionals like search and rescue team training and Army war skills training, who know what they are doing.

Trail running attracts bears and cougars and I agree it should not be a form of exercise, except on a track or gym and never carry weight when running. Running is hard on the feet when on asphalt and is more risky when running on uneven rocky trails or trails with tree roots. Heavier and larger people can carry a heavier pack than a skinny short person because their bones and skeleton have grown to support more weight.

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billstri

Hiking poles take some of the weight off your feet and put it on the arms allowing you to hike further in the backcountry and make it easier and faster to go down steep hills on uneven terrain. I usually just carry my hiking poles when hiking uphill or level and only use them for going downhill. They also come in nice when the hike I am on is too early in the year and so I am not yet in shape for that distance. They do help with strength training for the arms. I would never use hiking poles on flat level surfaces or gently rolling hills.

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swonicky

Might as well get use o walking since the parasitic globalists want us confined to designated districts with no vehicles. Public transport is OK though in their eyes. All of them can go to hell.

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