**The Healing Power of Mountain Climate**

During mountain hikes, not only legs but the whole body is engaged. Daily walks strengthen and build muscles, and each subsequent trip makes them stronger. Proper attire is a crucial aspect of mountain expeditions because the weather in the mountains changes very quickly. There are many positive aspects of mountain hiking - it has been proven that the mountain climate positively affects the metabolism of the whole body, promotes weight loss, and strengthens immunity. Mountain trips are particularly recommended for certain conditions, including:

* respiratory diseases,
* some cardiovascular diseases, anemia,
* thyroid diseases,
* overweight.

The significant differences in pressure and temperature in the mountain climate have a beneficial effect on the immune system - greater exertion forces the lungs to take deeper breaths, increasing their efficiency. After some time, the level of erythrocytes and hemoglobin increases, and the bone marrow is also stimulated to act. The air in the mountains at an altitude of about 1500 meters above sea level is free from allergens and bacteria, so people with asthma will feel good in such a place. It is important to remember that during the first days of staying in the mountains, the body adapts to new conditions, i.e., reduced oxygen content in the air. There is no need to worry if there is an acceleration of breathing.

**Mountain Hikes and Their Impact on Mental Well-being**

During physical exertion, the human body releases endorphins, which have a very positive effect on mood and well-being. Endorphins are responsible for reducing pain, the body's contentment, and inducing euphoric states. They have addictive tendencies, but in a positive way - usually, despite sore legs and feet after the hike, everyone maintains a very good mood and feels exceptionally well. Peace and quiet on mountain trails also allow you to get rid of racing thoughts, calm down, and quieten down. The proximity of nature has a soothing effect on the body, it is a good solution for regenerating mental strength. Mountains also shape character, the challenges posed by mountain trails force overcoming one's weaknesses and fears, and determination to achieve intended goals results in greater confidence in daily life.

**Mountain Hikes - Contraindications**

Mountain hikes are not recommended for people with hypertension or heart diseases - in such conditions, the risk of heart attack or stroke is higher. While traversing mountain trails, one must not forget about the correct posture, preferably slightly inclined with bent knees - such a posture prevents loss of balance when overcoming inclines. It is also necessary to adhere to the principle of consuming small meals at short intervals, and the length of breaks during the hike should depend on the length of the route.