

**HIKE FOR HEALTH & FITNESS: SLIM DOWN, SHAPE  
UP, AND RECONNECT WITH NATURE**

**Eileen Nanni**

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Roast for about 30 minutes or until the vegetables caramelize. Your new arm definition and reduced waistline won't be the only lasting effects, either; many of these programs offer guidance on healthier living and eating, so you can sustain that vacation glow. Discover California's magnificent State Parks! Ages 18 and up. In a two-day study, 27 overweight volunteers ate 77 grams of almonds about 2. Forest Therapy is offered for public groups, private groups and for individuals and couples. I have found direct contact with the earth, to be a potent tool for staying balanced, energized and grounded. Sally Morgan, Shape Up physical therapist and advanced certified practitioner, Whole Health Educator Program became a powerful source of healing.