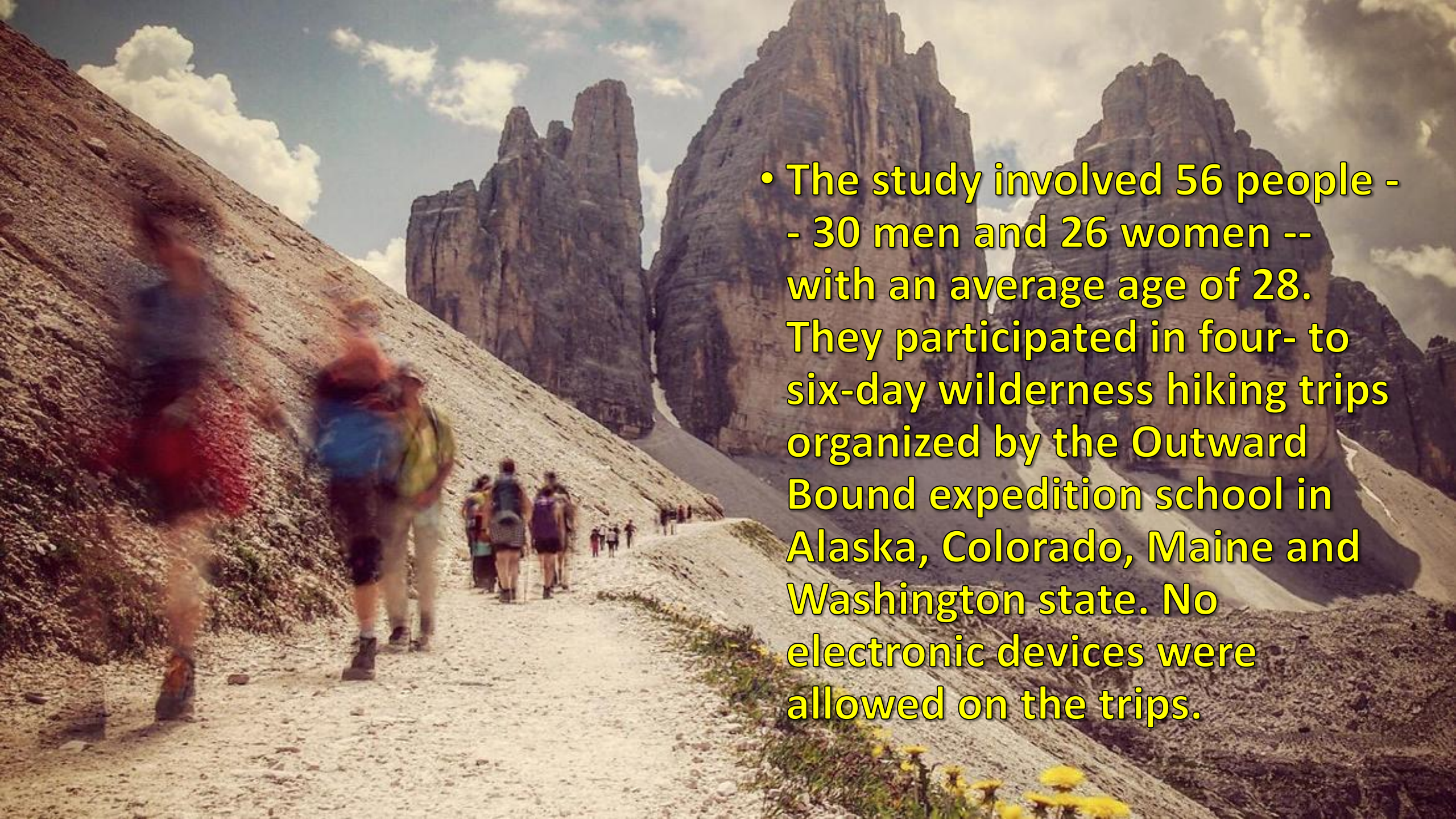# THE BENEFITS OF HIKING

- A study conducted by psychologists Ruth Ann Atchley and David L. Strayer found that creative problem solving can be drastically improved by both disconnecting from technology and reconnecting with nature.

- The study involved 56 people -- 30 men and 26 women -- with an average age of 28. They participated in four- to six-day wilderness hiking trips organized by the Outward Bound expedition school in Alaska, Colorado, Maine and Washington state. No electronic devices were allowed on the trips.

Results

People who had been backpacking four days got an average of 6.08 of the 10 questions correct, compared with an average score of 4.14 for people who had not yet begun a backpacking trip.
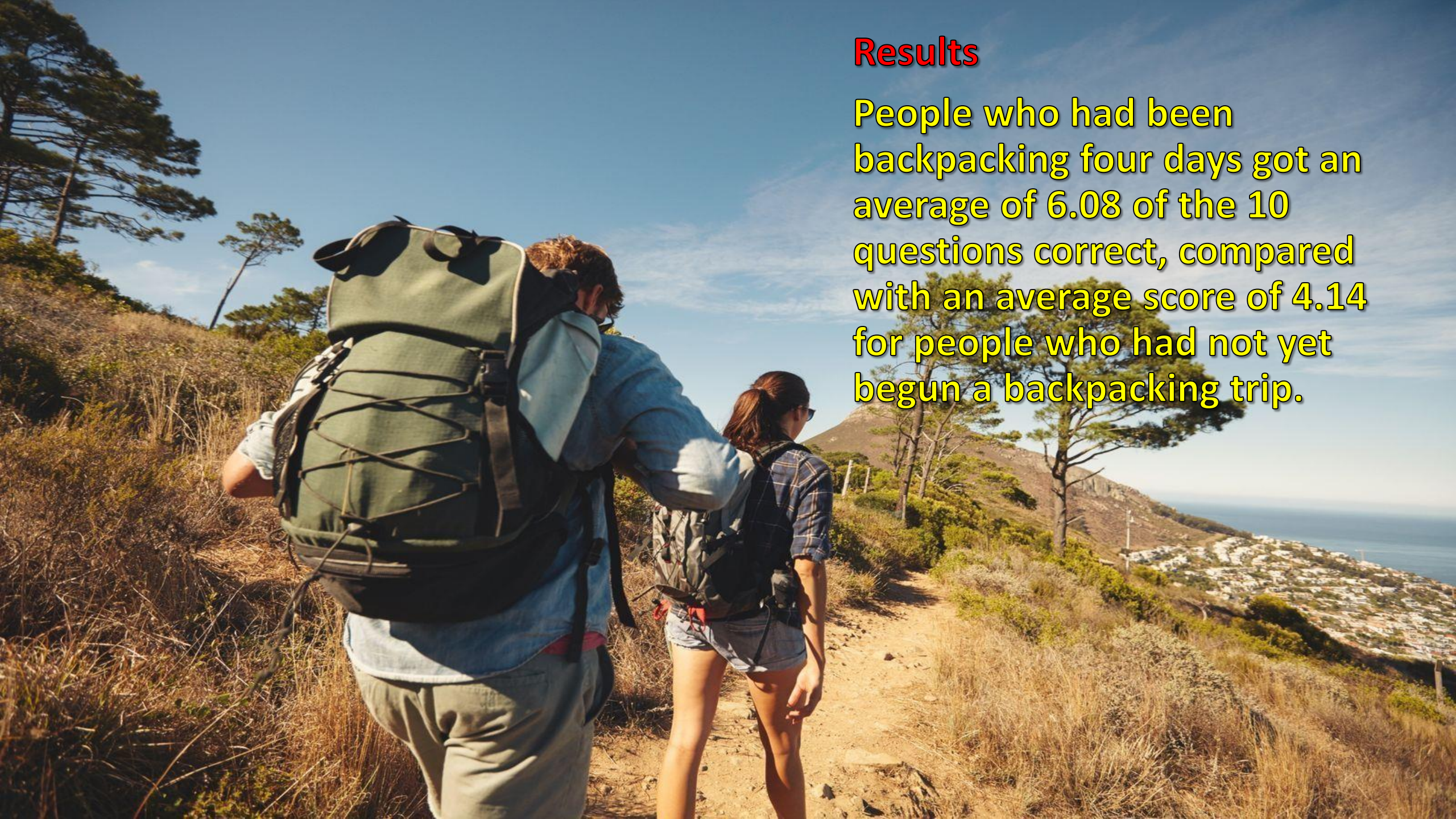
- **This work has also showed that going on a hike can improve:**

- **Proofreading**

- **the ability to see a certain optical illusion**

- **the ability to repeat digits backwards after hearing a list of digits**

- **performance on problem solving tasks improved by 50%**