

# Healthy Hikes App Guides Experienced and Novice Hikers to Great Utah Trails

SALT LAKE CITY, UTAH, USA, July 16, 2015 /EINPresswire.com/ -- Hiking in Utah's beautiful valleys and mountains is a great way to get outdoors and get moving, especially during the summer months. But for the novice, it can be a little intimidating. "What if I get out there on a trail that is too much for me?"



Besides being a great hobby, hiking has tons of health benefits."

*Locke Ettinger, LiVe Well  
Director*

The [Intermountain Healthcare](http://intermountainhealthcare.com) LiVe Well program offers 120 "Healthy Hikes" sorted by level of difficulty from easy healthy walks to more challenging longer hikes for the more adventurous.

At <http://intermountainlivewell.org> you can find hiking trails in your area. Or if you are on the go, download the

free Intermountain Healthcare Health Hub app and click on Healthy Hikes. From there you can select the location, difficulty level, distance of hike, and more.

"Whether you're a novice hiker or a seasoned mountaineer, this detailed list of Healthy Hikes in Utah has the perfect hike for you," Locke Ettinger, LiVe Well Director. "From health walks to challenging hikes, the Health Hub app can help you choose the hike that is best for you."

The web site and app lists 120 trails throughout Utah, and more are being added all the time.

"Besides being a great hobby, hiking has tons of health benefits," said Ettinger. "And in Utah, we have access to some of the most beautiful scenery and breathtaking walks available. It's a great way for individuals to get out and be active. Or better yet, take a friend or your family along."

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