

## **Fishing and your health**

Fishing brings countless benefits to those who love fishing. The simple fact of walking, or even throwing bait, are way to promote cardiovascular health, muscle strengthening, and flexibility, as well as improving breathing and posture.

Knowing how to enjoy everything the activity involves is also good for those who practice it, such as enjoying the sun, the green, the wind, the sound of birds, the water, and learning a little more about the types of fish and nature. Furthermore, it is important to highlight that those who fish exercise patience and self-confidence. Patience, because you have to wait until the moment the fish can be hooked. And, self-confidence, as the individual will sharpen the desire to increasingly overcome their limits.

Fishing also allows you to meet people, make new friends, and even fishing buddies. This allows the individual to interact, tell stories, and share experiences.

In a country with stressed people like Brazil, fishing can be a good ally. According to research carried out by the International Stress Management Association (Isma – Brazil), Brazil ranks second as the most stressed country in the world, second only to the Japanese.