



## Fitness Recommendations for High Adventure Village

While in the High Adventure Village, you will have long and busy days. A fitness plan should be developed to help you prepare for your trip. Your fitness goals should focus on your ability to sustain a moderate level of exertion for hours on end. Focus on a well rounded routine that emphasizes stamina, endurance, flexibility, and strength.

If you recognize a need for additional aerobic conditioning, begin at least 8 weeks prior to the start of your trip. Follow these four principles in order to maximize your workout:

- Frequency- Exercise 3-5 times per week
- Intensity- Exercise at 60-80% of maximum effort
- Time- Exercise sessions should involve an expenditure of 300- 600 calories. This is approximately a 20-30 minutes of aerobic activity.
- Type- The activity selected should be a total body workout. It should involve the large muscle groups and should be continuous. It should not involve short spurts of activity.

Flexibility exercise is also important and should involve stretching for all muscle groups. Select a number of stretches for all areas of the body. Avoid bouncing or over stretching. Maintain each stretch for 10-20 seconds and don't hold your breath. Stretching should be done before and after each exercise session.

Developing strength can be relatively simple. Pick exercises that work different muscle groups. Do as many repetitions as possible for each exercise. Rest in between and move on to another exercise. Do this basic workout three times a week or on alternate days.