



ATTITUDE AND MENTAL PREPARATION

Remember to have fun and enjoy the adventure of your preparation while training for your expedition! This is an excellent opportunity for you to get outside, get fit and explore your neighborhood's parks and recreation areas.

Your attitude of commitment and willingness to try new things are two of the most important contributions you can bring with you. Prepare yourself to take on new challenges and try new activities.

Plan to be patient, to persevere, to expand your limits and to have a positive and memorable adventure!

FITNESS AND TRAINING

Many people, novice and experienced alike, commonly complain of tired and aching bodies; the result of believing that the harder the body is pushed the faster it will improve. The most common mistake people make is going too fast, too soon—quickly joining the ranks of the stiff, tired and discouraged. Make sure you take at least one day off a week.

Exercise is not the same as work. A person may work quite hard all day, finish the afternoon exhausted, and still not be getting enough exercise to be fit. Daily stop-start routines are demanding but, if they don't allow for an increase in oxygen consumption for more than a few minutes at a time, they will not contribute to basic fitness.

Your experience will be greatly affected by the state of your physical readiness.

- You do not have to be an athlete or highly-trained to attend Outward Bound.
- You do have to be physically capable and active. You will use your muscles in new and challenging ways.
- It takes strength and fitness to paddle a boat, carry a pack or climb a rock wall.
- All your preparation will pay off in enjoyment, comfort and fun!

We strongly suggest that applicants with any of the following conditions consult with their physician to establish an exercise program: high blood pressure, a family history of heart disease, obesity, diabetes, smoking (more than one pack a week) or a prolonged sedentary lifestyle.

THE BEST EXERCISE THERE IS

For most people, the best and most accessible exercise is jogging—a combination of walking and running compatible with your current level of fitness, ability and interest. Why jogging? It's the simplest, cheapest, least encumbered, most available and most efficient way to use your large leg muscles—requiring the heart and circulatory system to pump large quantities of blood and oxygen.

The most important thing is to find an activity that you enjoy. While exercising three times a week for thirty minutes is the minimum, five times a week is optimum.

Build in another 15 – 30 minutes every other day for light weight training. Weight training builds strength, not aerobic fitness, and by itself is not sufficient. Stretch your muscles and move the weights through full-ranges of motion.

Yoga? Stretching? Imperative. Stretching maintains flexibility.