



Strength and Fitness Training for Adventure

Making the most out of your backcountry adventure means arriving as prepared as possible. Fitness, strength and injury prevention are huge keys to preparedness and adventure success. With proper movement mechanics, the body is in an ideally stacked and strong position throughout activities. This creates fewer opportunities for injury whilst adventuring.

A consistent training and fitness program to strengthen and stabilize joints in the body establishes:

- More efficient movement during expeditions
- Less energy required
- Less likelihood of injury
- Greater capacity for adventuring
- Get more out of your trip

The largest factors at play in expedition success include strength, efficiency and cardiorespiratory fitness. Targeted work on movement quality creates strength in stabilizers and large muscle groups, essentially strengthening the weakest links in a kinetic chain. Simply put, force leaks can be drastically decreased when individuals are educated and mindful of proper movement techniques. This allows relatively fewer muscle fibers to be recruited when maintaining a pace and thus increases thresholds due to a decreased relative effort.

A specific strength and fitness program will ensure that you maximize opportunities during your trip, are able to go farther with ease and are at greatly reduced risk for sustaining an injury. Particularly if an emergency situation should occur, fitness is a massive factor in successful survival and rescue operations. For more information on individualized strength and fitness programming, visit the website below or email chelsea@omniamoveandperform.com to inquire.

Happy adventuring!

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