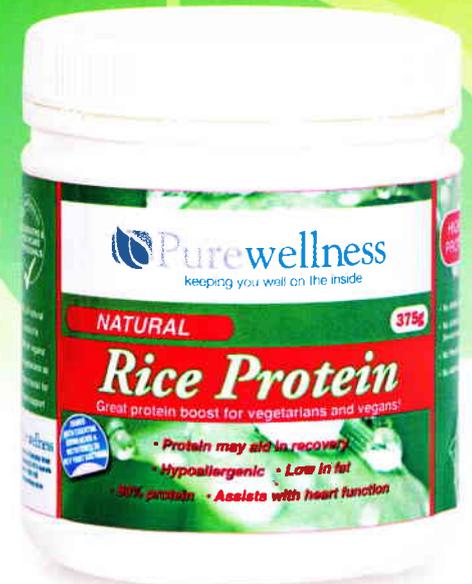


RICE PROTEIN

- ✓ Low in fat
 - ✓ Hypoallergenic
 - ✓ 80% protein
 - ✓ Assists with Heart Function
 - ✓ Protein May Aid in Recovery
 - ✓ Neutral taste
- Absolute vegan Protein source**

Useful information!

Proteins are the building blocks of any living organism. They are composed of chains of 20 different kinds of amino acids. Proteins constitute life in the form of enzymes, antibodies, hormones, hair, nail, bone, teeth, hemoglobin (blood protein), neurotransmitters, skin or as the basic components of any cell in our body.



Recommended by Naturopaths
& Healthcare Professionals

All orders and enquiries
contact our sales team:

T 07 5539 5186

F 07 5564 8673

E sales@purewellness.net.au

Available at your local
healthfood store or online at
purewellness.net.au

TRAINING SMARTER FOR TREKS

By Alex Shirley

Trekking in the wilderness can be one of the most satisfying activities in today's fast-paced yet sedentary world. From a psychological perspective, trekking has profound benefits - worries are quickly forgotten as you walk through dense, green rainforest breathing moist, cool air. Important deadlines and demanding colleagues fade into insignificance as you scramble on loose soil before you collapse against a rock and look up to see a magnificent panorama of gleaming snow-capped mountains. From a physical perspective, walking is one of the most natural movement patterns known to man and can be used as a powerful tool to strengthen the body. The integrated use of the arms, legs and torso while trekking boosts metabolism, helps your body absorb key nutrients from your food and leads to improved circulation, respiration and detoxification. Trekking over uneven terrain will challenge and therefore develop your body's sense of balance and control, while breathing in the fresh, oxygenated air of a natural environment will increase the vitality of every living cell in your body.

It is easy to appreciate why each year thousands of Australians head off to trekking destinations such as Kokoda, Tasmania, Mount Kilimanjaro, Everest Base Camp or Machu Picchu. Despite the huge psychological and physical benefits of trekking, embarking on a trek when you spend a large proportion of your time in a hard-working office environment without undertaking adequate physical training can quickly turn the adventure of a lifetime into a terrible ordeal. Given the potential cost of an overseas trek, the need for proper preparation becomes even more worthwhile, and the recent tragedies at Kokoda have highlighted the ultimate price of not being appropriately prepared.

But in how many ways can you really train for the movement of putting one foot in front of the other? How else do you condition yourself for a trek other than by going for a series of long walks? A common mistake made by many trekkers is to focus solely on cardiovascular training before embarking on a trek. Climbing up a steep, slippery and uneven track with mud clinging to your boots requires a great deal of leg strength and nothing gets the thighs burning like a descent back down a sharp slope with a heavy pack on your back. The most effective way to prepare yourself for these situations is to support your aerobic training by building a strong base of stability and strength through appropriate resistance training. This will increase your ability to trek more efficiently and reduce your chance of injury. You will also receive the added benefit of improving your body shape by building lean muscle that boosts your metabolism.

It is important to note that your pre-trek program should not only develop strength but also that the strength developed should be functional - that is, it should carry over to help you meet or exceed the specific demands of your trekking environment. Lying down on a fixed piece of gym equipment that allows you to isolate your leg muscles might help you to build stronger legs but it will not improve your ability to move in an unstable, natural environment where you have to negotiate rocks, trees, streams, roots and mud. Finding the most economical and safest way through this obstacle course requires a number of more technical movements. The more versatile movement skills you have, the better you will be able to travel across this terrain.

The following trekking-specific strength exercises have been designed to fully prepare you for the challenges of a trek and should be combined with your cardio training for optimal trekking performance. They are suitable for someone who has a good foundation of cardiovascular and functional movement training. If you do not have this foundation then a more basic strength and stability program would be more suitable - attempting the exercises without a base level of training could lead to injury.

The basic guidelines:

- » Start your strength training at least 12 weeks before our trek
- » Choose three or four exercises from the selection below that are at an appropriate level for you - you should be able to perform the exercises with perfect form
- » Carry out the exercises two to three times per week
- » Warm up properly and stretch tight muscles before your sessions
- » Perform the exercises in a circuit format, starting with the most challenging exercises
- » Perform the circuit two to five times with a rest of one to three minutes in between each circuit
- » Progress by adding one set every week
- » Change your program by adding more challenging exercises every four to six weeks

Happy trekking!

SLOW WALKING (EASY)



- » Stand tall with good posture
- » Start walking as slowly as possible - the key is to always be moving but to move as slowly as you can
- » The slower you go the more you will develop your balance and ankle stability
- » To increase the challenge, close your eyes as you perform this exercise
- » Perform for 2 to 3 minutes

ONE-LEG BALANCE (EASY)



- » Stand tall with good posture
- » Slowly lift one leg off the floor and hold onto the knee
- » Maintaining good posture with the shoulders back and relaxed, try to balance for as long as possible
- » Build up to one minute
- » When you can comfortably balance for one minute then progress this exercise by closing your eyes (making sure that you are in a clear area to avoid injury if you fall)

SQUAT WITH POLE (EASY)



- » Stand with feet wide enough for you to squat down between your legs, holding on to a support. Position your head up over your shoulders and your shoulders in line with your hips.
- » Draw your pelvic floor and belly button in. Descend slowly by bending at the knees and hips.
- » During the descent, maintain weight distribution between the mid-foot and heels. Do not allow the feet to cave inward or shift outward.

- » Whilst continuing to draw pelvic floor and belly button in and maintaining optimal alignment, "drive" through the feet extending the ankle, knee and hip joints while your weight is evenly distributed between heels and mid-foot. Do not allow body weight to shift toward the toes. The knees should track over the second and third toes.
- » Perform downward reps slowly and concentrate on the descent and the squat position.
- » Perform 12-20 reps with perfect form.

WALKING LUNGE (MODERATE)



- » Begin with a static lunge (see above).
- » Draw your pelvic floor and belly button inward just prior to stepping forward.
- » Instead of pushing off with your front foot and returning to the start position, push off with your back foot and step into a second lunge with the other leg.
- » Continue in a straight line.
- » Perform 12-20 repetitions in total with perfect form.

STEP-DOWNS (MODERATE/HARD)



- » Stand on a bench or step with good posture.
- » Draw your pelvic floor and belly button inward and hold one leg off the ground as you drop into a squat position, keeping your torso as upright as possible.
- » The middle of the knee of your supporting leg should stay in alignment with your second toe during the exercise.
- » Perform 8 to 12 repetitions.
- » Progress the exercise by wearing a backpack.
- » The exercise can be performed stepping forwards, backwards or sideways.

BOSU LUNGE (MODERATE/HARD)



- » Stand on the floor facing a BOSU ball (approximately 60cm from the edge of the BOSU), with feet hip width apart and the toes pointing straight ahead.
- » Step forward with one leg and centre that foot on top of the BOSU.
- » Slowly flex the knees to a maximum depth of 90 degrees of flexion.
- » Allow the heel of the rear foot to lift so that the ball of the foot is in contact with the floor.
- » Pause at the end of the movement then press off the BOSU with the front leg and step back into the start position. Repeat the lunge, starting with the other leg.
- » Perform 8-12 repetitions with each leg with perfect form.

OBSTACLE HOPS (MODERATE/HARD)



- » Stand tall on one leg beside a low obstacle.
- » Hop sideways over the obstacle and land on the same leg. Land as softly and quietly as possible, making contact with the whole foot.
- » Hop back to the start position and repeat 10 times.
- » You can also perform this exercise facing the obstacle and hopping backwards and forwards instead of side to side.

MULTI-DIRECTIONAL LUNGE (HARD)



- » Stand with good posture facing forward. You will be lunging in 5 different directions and returning to this start position between each of these lunges.
- » Front lunge - step straight forward. Your shin should be perpendicular to the floor and your back knee should just touch the floor.
- » Front 45-degree lunge - step 45 degrees to the front. Keep your head and eyes forward, shoulders and pelvis square to the front, and allow the trailing leg to pivot naturally as you drop into the lunge.
- » Lateral lunge - step out to the side. Keep both feet facing forward and bend the leg you are stepping with.
- » Back 45-degree lunge - step back 45 degrees. Keep your body facing forward and allow your back knee to drop down so that it touches the floor.
- » Back lunge - Step straight back into the same position as a front lunge.
- » Repeat the above, stepping with the other leg to complete one set. Perform 1 to 3 sets.

About the Author

Alex is a CHEK Exercise and Holistic Lifestyle Coach through the Corrective High-Performance Exercise Kinesiology Institute in San Diego. Alex is also registered as a personal trainer with Fitness Australia and has trekked extensively throughout the Himalayas, Australasia and Europe. Alex combines his exercise background with his passion for the outdoors and runs a regular Trek Fitness Program in Sydney that is designed to prepare people for treks such as Kokoda, Machu Picchu, Mount Kilimanjaro, Everest Base Camp and the Oxfam Trailwalker. The Trek Fitness Program is rated as one of the top five workouts in Sydney (Sydney Morning Herald, May 26-30 2008). Further details on the Trek Fitness Program can be found at www.adventurefitness.com.au **ufm**