

Let's get Four Trails FIT for summer!

Congratulations on deciding to spend your summer in the great outdoors, learning new skills, meeting new friends and having a great time.

Four Trails is a LOT of fun but at times you may find it physically demanding. The more demanding it is for you physically, the less energy you will have to enjoy the experience and your surroundings. Nobody wants to reach the top of a hill and be too exhausted to enjoy the view or get to camp and be too tired to explore or hang out with friends.

It's time to get ready!

It is crucial you get active well before your trip to avoid potential fatigue and to take full advantage of your experiences this summer. Even if you currently exercise regularly it is still important to incorporate some specific training tailored toward the activity you will be participating in. Different activities require the use of different muscle groups, your trip may demand the use of muscles that you do not regularly use, i.e. paddling utilizes the lower back, torso and arm muscles while riding a bike predominately requires the use of your leg, buttock and lower back muscles. In order to make this year's Four Trails experience enjoyable and safe, it is important to spend time physically and mentally preparing for your trip. It is therefore important to spend some time before you arrive at Miniwanca toning and strengthening the core muscles your body will be using on your Four Trails experience.



It is important to start moderately if exercising is new, or when starting different types of training. Start a regime you will keep be able to keep to, i.e. walk to the store to buy small items, use the stairs instead of the elevator and walk around the block three times a week. Increase it to running for longer times more frequently. Make it a goal to be active for two to three hours a week at a minimum, this is even better if those hours are spent doing the activities that you will be doing during the summer. The reverse of this sheet provides a space for you to document your progress. Place it somewhere you will see it often, for example on the fridge, back of the toilet door and make it a goal to be active and prepared for your summer.

Tips for success

- FUN! FUN! FUN! Do activities you enjoy doing. Get your friends and family involved, listen to your favorite music while exercising do whatever you enjoy doing that will increase your fitness.
- Utilize those unused moments during commercial breaks while watching TV with star jumps, lunges, stair climbing etc. Every minute counts!
- Take a break while studying with a walk/jog around the block, push ups, squats etc. Exercise will not only increase your fitness but also your concentration and brain function.
- Picture your trip returning and being welcomed back into the Miniwanca community.

Think F.I.T

Frequency: How often you exercise. Consider starting with 2-3 sessions per week, building to 4-5 around camp.

Intensity: How hard you exercise, i.e. the pace you walk/run, the amount you lift, or your heart rate count.

Time: How long you perform an activity or the number of sets or repetitions you perform in weight training.

When considering what activities to do for training you should attempt to include a variety of the following types of exercises:

Aerobic Exercise

Aerobic exercise increases the health and function of your heart, lungs, and circulatory system. For maximum effectiveness, aerobic exercise needs to be rhythmic, continuous and involve the large muscle groups (primarily located in the lower part of your body), for example; running, cycling or swimming.

Strength Training

Strength training is the process of exercising with progressively heavier resistance to build or retain muscle, for example; using free weights, weight machines or push ups/squats/sit-ups.

Flexibility

Flexibility is a critical element of an exercise program but it is often overlooked. Flexibility is important for a number of reasons; increases physical performance, decreases risk of injury, reduces soreness, improves balance, decreases risk of low back pain and reduces stress in muscles. For example; static stretching, yoga or partner-stretching.

This document is meant as a resource to prepare your camper for the Four Trails program. If a situation arises in which a camper is physically unable to continue or his/her behaviors become detrimental to the success of the group, several steps will be taken to resolve the issue, possibly resulting in dismissal from the trip.

For general information and examples of training for please visit the following website: www.sport-fitness-advisor.com

F.I.Tness Count Down Until Camp

F: frequency I: intensity T: time

Record the total amount of time you work out each day, then tally for the week aiming for a minimum of 120 minutes.

Don't forget to warm up, stretch and warm down every time you exercise.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<u>Examples</u>
<i>March 1st- time to get fit for camp</i>	3/2	3/3	3/4	3/5	3/6	3/7	Cardio
3/8	3/9	3/10	3/11	3/12	3/13	3/14	Swimming
3/15	3/16	3/17	3/18	3/19	3/20	3/21	Running
3/16	3/17 <i>St Patrick's Day</i>	3/18	3/19	3/20	3/21	3/22	Briskly walking
3/23	3/24	3/25	3/26	3/27	3/28	3/29	Cycling
3/30	3/31	<i>April 1st Keep up the good work</i>	<i>4/2 Earth Day- get active outside</i>	4/3	4/4	4/5	Team ball sports
4/6	4/7	4/8	4/9	4/10	<i>4/11 Lake MI is warming up</i>	4/12	Stair walking
4/13	4/14	4/15	4/16	4/17	4/18	4/19	Star jumps
4/20	4/21	4/22	4/23	4/24	4/25	4/26	Racquet sports
4/27	<i>4/28 Be sure to wear in those boots</i>	4/29	4/30	<i>May 1st</i>	5/2	5/3	X country skiing
5/4	5/5	5/6	5/7	5/8	5/9	<i>5/10 Go for a ride with mum</i>	Elliptical trainer
5/11	5/12	5/13	5/14	5/15	5/16	5/17	Jump rope
5/18	5/19	5/20	5/21	5/22	5/23	5/24	Strength
<i>5/25 Memorial Day</i>	5/26	5/27	<i>5/28 Reread the packing list</i>	5/29	5/30	5/31	Push ups
<i>June 1st</i>	6/2	6/3	6/4	6/5	6/6	6/7	Chin ups
6/8	6/9	6/10	6/11	6/12	6/13	6/14	Sit up's
6/15	6/16	6/17	6/18	<i>6/19 Got all your gear?</i>	<i>6/20 1 more day till camp</i>	Camp- Yeh!!	Lunges