



# GET READY FOR OUTWARD BOUND

Health and fitness





# OUR HEALTH & FITNESS CRITERIA

## FOR 21 DAY COURSES:

(Classic, Mind Body Soul, Masters, Schools Courses)

You need to be able to run 3km comfortably in under 25 minutes.

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## FOR 5 / 8 DAY COURSES:

(Discovery, Leaps & Bounds, Journey, Professional, Wellbeing)

You need to be able to run/fast walk 3km comfortably in under 25 minutes.

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## FOR 10 DAY COURSES

(Mind Body Soul Compact)

You need to be able to run/walk 3km in 30 minutes, able to participate in a full day of physical activity, and hold a press up position for 30 seconds.

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## ALL COURSES:

You need to be comfortable in and around water (life jackets are available).

You need to be smoke/vape and alcohol free for the duration of the course.

Your body weight must be below 130kgs (due to equipment/safety).

If your BMI is over 38, please contact us on 0800 688 927.

Each and every day at OB, you'll take on a new challenge. To make the most out of the investment you've made in yourself, it's a good idea to spend time preparing for the adventure that lies ahead.

Your days will be packed with activity and will often involve an early start to enable you to get the most out of your time away.

We recommend getting used to spending more time on your feet as you'll be active throughout the whole day. Cardio training is therefore an essential part of your preparation for OB.

You may take part in a multi day expedition, in which you'll carry your personal and group equipment in a pack. As such, it's a great idea to work on your strength as well as your cardio.

Whether you're using weights in the gym or a can of beans from your kitchen cupboard, start to build a little strength in your arms will go a long way!

***"A year or so before Outward Bound, I had undergone hip surgery. I also had to lose some weight in preparation the course. When it got tough, I just kept in mind the reason I had applied - to push myself and find new levels of resilience. No matter your starting point, you can improve your health and fitness to get to Outward Bound."***

- Graeme, Discovery participant

# TRAINING IDEAS

## Grab your running shoes

Running is an essential part of your training for OB. But pounding the pavement can be a little repetitive. So why not find a more picturesque route for your run, whether it's your leafy local park or a quiet spot in the hills.

Don't forget to measure the distance and time you cover to make sure you can reach that 3km milestone in under 25 minutes!

We recommend leaving the treadmill behind and getting some fresh air while you run as all of your running at OB will be outdoors.

## Join a team

What better way to get fit and meet new people than by joining a sports team? Even if you can only commit to one or two sessions per week, getting involved with your local footy, netball or squash club is perfect for a cardio workout.

## Find something you enjoy

Finding an activity that you enjoy will make your preparation a much more positive experience. So if you're bored of running why not switch it up with swimming or cycling once a week? Or if you're tired of lifting weights in the gym, how about a session or two of indoor rock climbing?

## MAKE SMALL AND SIMPLE CHANGES

Finding time for workouts can be a challenge. We recommend making manageable changes to your habits - like cycling or walking to work wherever possible.

Could you squeeze in a jog on your lunchbreak? Or forego your weekly movie night for a brisk walk around the park with friends?

Setting realistic targets is the best way to succeed. Although if you're feeling ambitious, you may like to sign up for an adventure race or trail run to keep your regime on track.

The feeling of achievement when you cross the finish line should make it all worthwhile!

## Find the activity for you:

<https://sportnz.org.nz/find-a-sport-or-recreation-activity/>

## Ladies, get inspired:

[www.thisgirlcan.co.uk](http://www.thisgirlcan.co.uk)







## USE TECHNOLOGY

Mobile apps can be a super source of inspiration for your training.

No matter what your starting point, you can find an app that suits your training style and the time you have available.

**VicHealth** has reviewed over 300 healthy living apps for Apple and Android devices.

Check out their [list of reviewed apps](#) and see which one is right for you.

## DON'T FORGET

**Warm up, cool down and stretch.** An oldie but a goodie. The five minutes you put into it will prevent injury and speed up recovery.

**Build up.** If you haven't donned your running shoes for five years, don't try a 3km course on your first outing. Start by fast walking or a run/walk routine.

**Allow plenty time.** Don't leave your prep to the last minute. As soon as you've booked your place on an Outward Bound course, start to think about how you can work a fitness regime into your routine.

**Grab a buddy.** It's much more motivational to exercise with friends. They'll keep you going when things get tough and push you to hit the gym when you just don't feel like it.

**Get the gear.** Getting a pair of running shoes that offer the right amount of support will ease the impact on your joints. Equally, having your own pair of tramping boots or sturdy walking shoes that you've broken in will reduce the possibility of blisters and sprained ankles while at Anakiwa.

**Training for the first time in a while?** It's best to check in with a health or fitness professional before you begin.

**Rest.** The word you've been waiting for! Training hard is great but your body will need some time to recover too.



# MAKE A PLAN

Making a weekly schedule of your activities will help you to commit to the task ahead. Write it down, pin it up on your fridge and away you go.

To begin with, we suggest two or three cardio sessions, using a run/walk combo where needed. By the end of your prep, try to aim for running at least 3km around four times a week.

# DIET AND HEALTH

Moderating your diet should be one of the first things you do in order to improve your wellbeing.

Hop on to the [Ministry of Health site](#) for a few ideas.

It's also important to note that here at OB, we operate in a smoke, alcohol and non-prescription drug free environment.

[Quit.org.nz](#) offers a wealth of advice on cutting down and stopping smoking. You are of course welcome to bring nicotine patches or gum to support you, however electronic cigarettes are not permitted.

# MEET OLLIE



At 44 Ollie signed up for his Outward Bound course. But he needed to lower his BMI and make some changes to his diet and lifestyle to make the adventure happen.

## **What was your health situation prior to coming to Anakiwa?**

With a self-inflicted mix of poor diet, unhealthy work life balance and a lack of exercise, I had reached breaking point. I wanted to be around for a long time for my wife and children so it became clear that I needed to make a change.

## **How did you work towards OB's fitness criteria?**

My journey to a better quality of life began with small changes to my habits. I looked more closely at my food shopping list, stopped skipping breakfast and spread the timing of my meals throughout the day, introducing healthier snacks to keep me going. OB's nurse offered regular advice and encouragement.

## **How was your OB course experience?**

By the time I reached Anakiwa I had lost 3kg and was exercising regularly. When I got there it was really full-on. But what imprinted on me is that each challenge is like life. It's a battle but it's achievable.

## **Any top tips for those who find themselves in the same situation as you?**

Involve your family. When you feel like giving in, they'll be the ones spurring you on. My children were my champions.

## **What does life look like now?**

I now know I can push myself a little bit further, and I am pushing everyone around me. I am playing footy with my kids and we're all eating a bit healthier. Next year, I plan to take part in a North to South cycle event. Healthy living and well-being is not only a passing phase, but a continual lifestyle.

# STILL HAVE QUESTIONS?

Give us a call on 0800 688 927

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