



HOW TO FIND MY CURRENT FITNESS LEVEL

WE WANT YOU TO HAVE AN AWESOME TIME ON OUR ADVENTURES. ASK YOURSELF THESE QUESTIONS TO HELP DETERMINE THE MOST APPROPRIATE ADVENTURE FOR YOUR FITNESS LEVEL.

EXERCISE?

I don't currently exercise, I do a small amount of exercise, I am returning to fitness after injury or have an injury that restricts my movement.

I exercise regularly 3-5 times per week, this is mainly walking or low intensity.

I go to the gym regularly and do cardio/aerobic classes, I have a dedicated training program at moderate intensity.

I purposefully exercise at an elevated heart rate at least an hour a day, my exercises often go longer than expected, I like to physically challenge myself.

SURFACES & CLIMBING?

I can manage flat surfaces okay, but am not strong on hills, stairs or uneven surfaces.

I can manage flat surfaces, I can manage hills, stairs and uneven surfaces even if I do puff.

I get puffed walking uphill but am okay and recover my breath quickly, I can manage scrambling over rocks.

I may get puffed, but recover very quickly, I am comfortable scrambling over rocks, I can hike for extended periods of time without getting fatigued.

HIKING EXPERIENCE?

I have no previous hiking experience, but would love someone to show me how.

I have some hiking experience and can manage adapting to new situations physically, but find it difficult if the exercise goes for longer than planned.

I am a regular hiker, am learning to adapt physically to new situations and I'm comfortable if the exercise goes for longer than planned.

I am regularly hiking at least once per week, can easily adapt physically to new situations. I like to challenge myself.

CARRYING WEIGHT?

I rarely carry a backpack.

I have some experience carrying a 5-7kg weight/backpack for a few hours at a time.

I can comfortably carry a 5-7kg weight/backpack for extended periods of time.

I can comfortably carry a 5-7kg weight/backpack for up to 7 hours at a time.

SOCIAL

If you answered **YES** to most of these questions, you should choose **Social** level adventures.

INTRODUCTORY

If you answered **YES** to most of these questions, you should choose **Introductory** level adventures.

MODERATE

If you answered **YES** to most of these questions, you should choose **Introductory OR Moderate** level adventures.

CHALLENGING

If you answered **YES** to most of these questions, you should choose **ANY** level adventures.

IF YOU HAVE ANY QUESTIONS, PLEASE BE IN CONTACT ON 0412 121 420 OR EMAIL US