Lean, Mean Tree Climbing Machine!

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Objectives of this session

– Help understand;

• Reasons to be fit and healthy
• How to stay fit
• Strength vs flexibility
• How to stay healthy (for longer)
• Ways to incorporate training into lifestyle
What this session is not

• I’m not saying
  – Loose weight
  – That you need to be skinny
  – That you need to be mean 😊
• It won’t get you fit
• It won’t make you healthier
• But it just might help
Background

I’ve (almost) always been fit and active

Woodville moto x Late 1980’s
Quick survey

- Age of participants  Teens 20’s 30’s 40’s 50’s 60’s and over
- Length of time working in Arboriculture
- Are you fit?
- Who has been injured?
- How long would you like to continue climbing?
Reason for this talk
Reasons to be fit and healthy

• More productive at work and home
• Better mental wellbeing
• More motivated
• Sleep better
• Longer life...potentially
How to stay fit

• Exercise

• Good food

• Rest
Exercise choices

Just climb, climb and climb

- Muscle memory for climbing
- Can lead to weaknesses in other muscles
- Focus on technique

Cross train.

- Other sport(s)
- Strength work
- Flexibility exercises
Climb, Climb and Climb

- Climbing has unique needs
- Good use of time
- Choice of champions
Cross train

• Full body work
• Can add variety
• Choice of champions
Case study
Mark Chisholm

• Athlete
• Competing 21 years
• 3 times ITCC champ
• Has found optimum weight (90kg)
• Works out regularly
  • Plays ice hockey
  • Circuit training
  • 300 workout
  • Increases prior to an event
Strength vs flexibility

• Helps with power

• Needed for climbing

• Can reduce injuries

• Helps with fluidity and speed

• Essential also

• Also reduces injuries
Strength and Power

- Many All Black forwards 10% heavier than six years ago.
- Same guys but bigger.
Light and Fast

Nationality: New Zealander
Age: 28 (07/04/90)
Height: 1.80m
Weight: 58kg
Pro Since: 2011
Team: Team Lotto NL-Jumbo
Based: Andorra
Favourite Race: Tour of Colorado

http://www.georgebennettcycling.com/bio/
24/10/18
Organised sport research

1. IMPROVED PHYSICAL STRENGTH, AGILITY AND FLEXIBILITY
2. IMPROVED MENTAL ALERTNESS AND DISCIPLINE
3. REDUCED ALCOHOL AND OTHER SOCIAL DRUG INTAKE...
4. THUS, DECREASED WORKPLACE INJURY
5. REDUCED SICKNESS (EXCEPT WHERE INJURED)
6. IMPROVED LEADERSHIP OR TEAM ENGAGEMENT OR CAMARADERIE AND RESPONSIBILITY
TCC’s

Tree Climbing Comps

Learn
• Learn from seasoned pros

Improve
• Improve motivation of climbers

Build
• Build networks

Keep up
• Keep up-to-date with climbing innovations
How to stay healthy (for longer)

- Not active at work – take up a sport.
- Incorporate stretching into your day
- Eat well
- Rest
- Give back to the community
Incorporate training into lifestyle

- Balancing exercises when static
- Find time to become active
- Flex and stretch muscles as you work
How to... day to day

- Incorporate exercises into your daily activities
  - Balance while cleaning your teeth
  - Stretches while putting on your harness
  - Plank prior to going to bed

- Take up a sport

- Enter a TCC
Injury Prevention

• Stay fit
• Be strong
• Stretch
• Safe practices
• Take your time
Injury treatment

- Early treatment RICER
- See a professional
  - Appropriate treatment and
  - ACC claim
- Do the exercises
- Keep doing the exercises
- Be a patient patient
Nutrition & Hydration
Meals

Breakfast?

Light meals through the day

Dinner should not be too late
Nutrition & Hydration
Food and Drink
Energy drinks?

• “No nutritional value”

• “Coffee has good antioxidants”

• “The new tobacco”?

• Health Warning
Health?

- Mini Case study
  - My dad’s farm worker
Conclusions

• Athletes watch what they eat and drink
• Athletes train their bodies
• Athletes train their minds

• Tree climbers are athletes

• You are an athlete!
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**NZTP media**
Questions?