

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



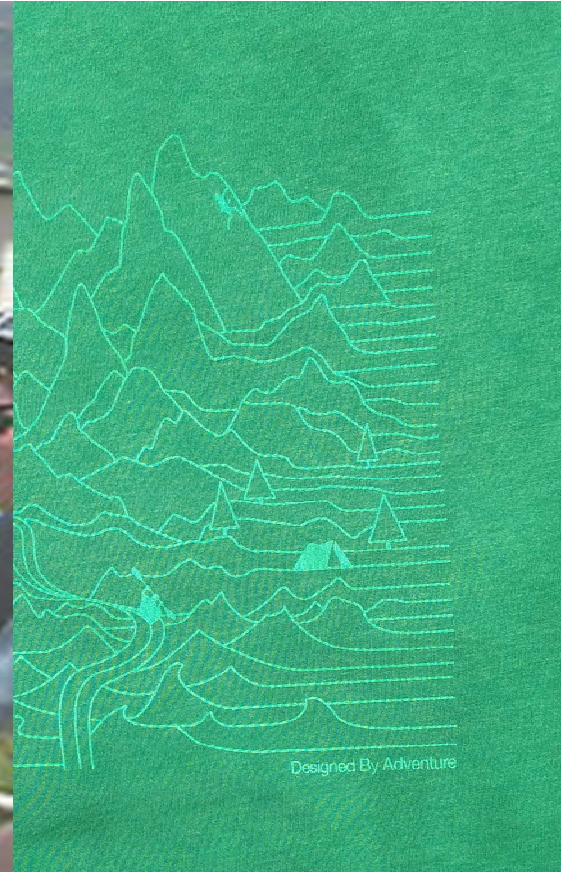
Woodville moto x Late 1980's

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





<http://www.clker.com/clipart-469177.html>





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

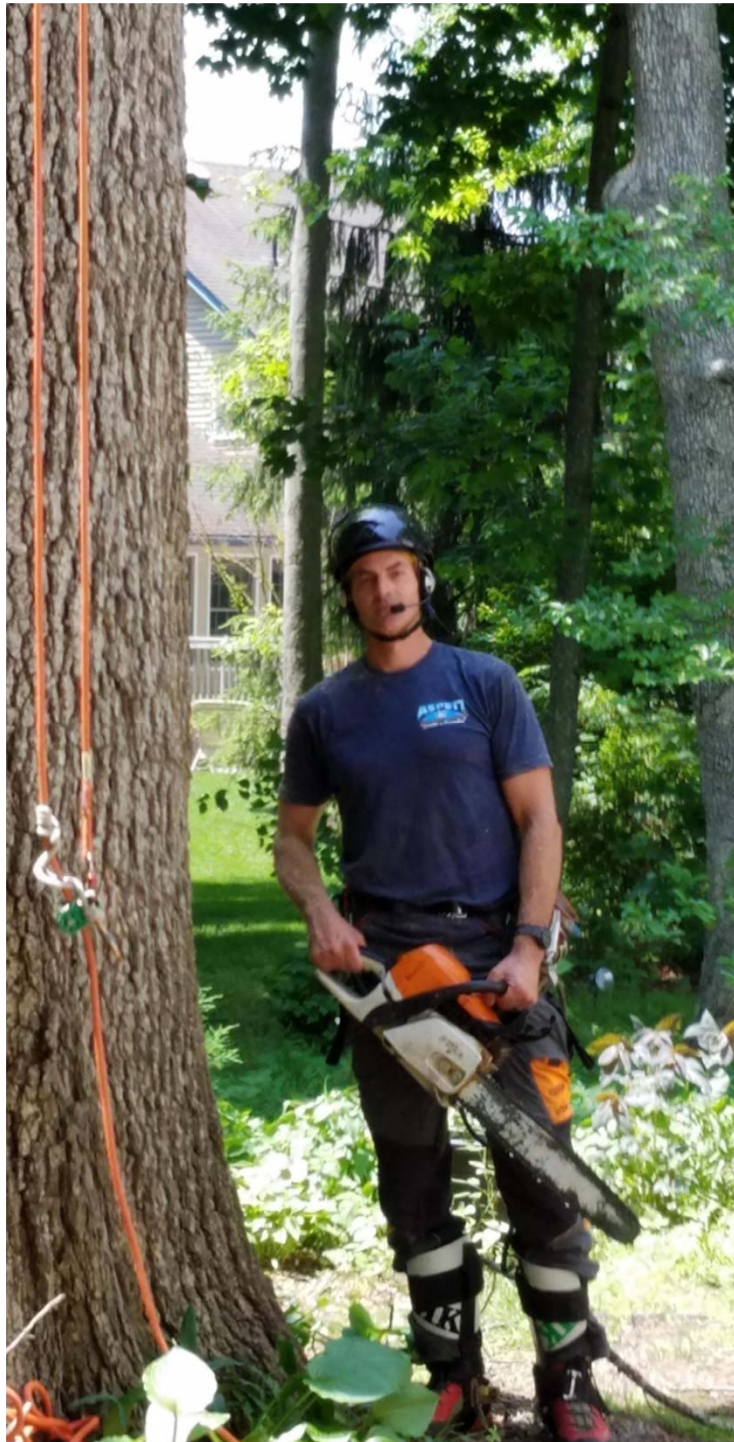
- Climbing has unique needs
- Good use of time
- Choice of champions



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

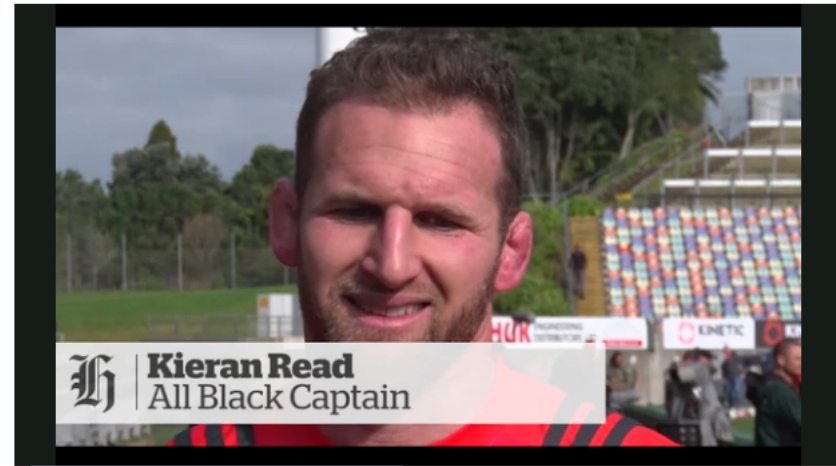
- Many All Black forwards 10% heavier than six years ago.
- Same guys but bigger.

SPORT | Rugby

The weight evolution of the All Blacks: Supersize only

9 Sep, 2017 1:46pm

5 minutes to read



Kieran Read is looking forward to a new loose-forward combination with Vaea Fifita and expects the younger leadership group to have an impact. AAP



By: **Gregor Paul**
Sports writer
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Rugby tries to sell itself as a game for all shapes and sizes but the All Blacks, in the forwards at least, have become a team for only the super-sized.

Expectations about what weight players should be to fulfil specific roles have risen considerably since even 2012 and a number of individuals have undergone radical physical transformations since they became All Blacks.

Take Sam Cane. He was 101kg when he made his test debut as a 20-year-old in June 2012. He's now 109kg - almost 10 per heavier in five years.

Ardie Savea was 95kg when he toured with the All Blacks as an apprentice in 2013 and was



NZ Herald article 9/9/18 (downloaded 24/10/18)

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)

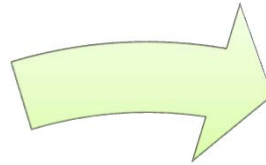


6. IMPROVED
LEADERSHIP OR TEAM
ENGAGEMENT OR
CAMARADERIE AND
RESPONSIBILITY

TCC's Tree Climbing Comps

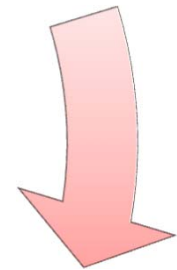
Learn

- Learn from seasoned pros



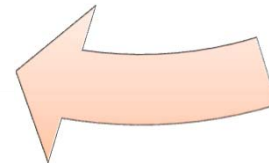
Improve

- Improve motivation of climbers



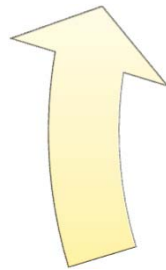
Keep up

- Keep up-to-date with climbing innovations



Build

- Build networks



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

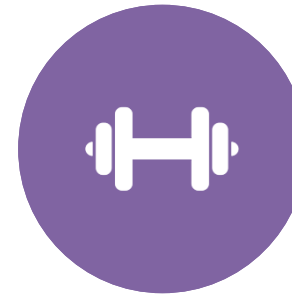
Incorporate training into lifestyle



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 practises
- 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

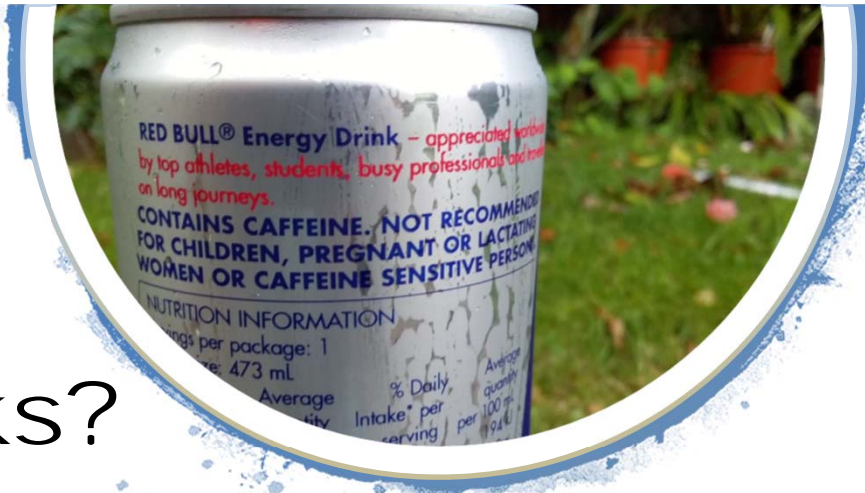
Food and Drink





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!

Acknowledgements



Rebekah Little

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Kilpatrick, Scott Forrest, Zane
Wedding, Rob Graham and
Jonathan Summers.

NZTP media



Questions?

