



Climbing Mt. Everest Team Competition Overview

Pathways to Wellness II

February 4th~March 4th

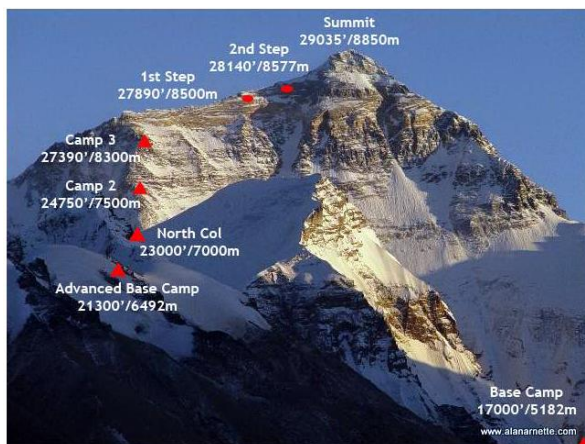
Cost \$10 per team member

If you were going to physically climb Mt. Everest, not only would you need about \$50,000 (avg. cost), but you would physically and mentally train for months prior to the climb. Our winter program is based (loosely) on what climbers would go through during that time period.

Since Northridge is technically more difficult to conquer than Southridge, you will see a more challenging summit plan for it (but the rewards will also be worth more as well).

As a team, of 4 to 10 members, you are required to choose which summit plan your team would like to pursue. Once 01/31/13 comes, there can be NO CHANGING of the summit plans. As we begin our ascent to the Everest summit it is imperative that ALL TEAM MEMBERS are accounted for along the way and everyone makes it to each camp before a team can proceed to the next camp. This means that ALL team members must complete the scheduled week's plan and report progress to the team leader each Friday to ensure we have everyone accounted for. IF there is a team member(s) that is not able to complete the week's plan, then the team has two options: (1) Eliminate the whole team from the competition and return to base camp and wait for the rest of us OR (2) Vote one person who made it to camp off the mountain to take those team members who did NOT make it to camp back to base camp (with a consolation prize given to him/her only). (We will not be leaving bodies on the trail as they do on Mt. Everest!)

Northridge Summit Route



Southridge Summit Route



3 Areas of Fitness we will focus on: Aerobic, Strength and Mental

Aerobic- (Getting the heart rate up to about 50% Target Heart Rate)- Running, biking, swimming, stepping, jogging, power walking, stairs, hill climbing, etc.

Strength- (Building up of muscle groups in body)- Weight lifting, core, sit ups, pull ups, pushups, planks, kettlebells, pilates, yoga, etc.

Mental- (Creating imagery in the mind to help attain steps to the goal or other using relaxation techniques to stay present and focused at the goals ahead)- Place yourself in the middle of what you want to accomplish by actually setting small goals for yourself to help reach your desired outcome. (i.e. If you want to be able to run a half marathon by summer summer, 1st see yourself as you are dashing past the finish line (big picture), now break that down into small obtainable steps: See yourself running 5 miles and set your schedule and plan to accomplish it, See yourself running 10 miles and set your schedule and plan to accomplish it, then see yourself running the 13+miles and set your schedule and plan to accomplish it.) Also, when setting your goals, realize that there are 9 elements of wellness. Mental, emotional, spiritual, physical, family, work, environmental, financial and social wellness are ways to improve your overall wellbeing. Maybe there are other areas of your life you would like to work on as well. Taking mental breaks allows us to maintain the determination and attitude needed to accomplish goals. Think about what makes you feel relaxed, like reading a book, taking a hot bath or perhaps try something new like, meditation or breathing exercises.

Northridge Summit Plan	Southridge Summit Plan
Week 1- Getting into the Groove Aerobic- 2x wk for 30 mins Strength- 3x wk for 2 sets ea Mental- set 4 weekly goals (doesn't have to be fitness goals think about other elements of wellness)	Week 1- Getting into the Groove Aerobic-2x wk for 20 mins Strength- 2x wk for 2 sets ea Mental- set 4 weekly goals (doesn't have to be fitness goals think about other elements of wellness)
Week 2- Building the Foundation Aerobic- 3x wk for 40 mins Strength- 3x wk for 3 sets ea Mental- See yourself stronger Work on goals for week 2	Week 2- Building the Foundation Aerobic- 3x wk for 30 mins Strength- 2x wk for 3 sets ea Mental- See yourself stronger Work on goals for week 2
Week 3- Building Endurance Aerobic- 4x wk for 45 mins Strength- 4x wk for 3 sets ea Increase weight amounts Mental- Take each day at a time	Week 3- Building Endurance Aerobic- 3x wk for 40 mins Strength- 3x wk for 2 sets ea Increase weight amounts Mental- Take each day at a time

<p>Try a relaxation technique Work on goals for week 3</p>	<p>Try a relaxation technique Work on goals for week 3</p>
<p>Week 4- Maintain Routine Aerobic- 5x wk for 50 mins Strength- 4x wk for 3 sets ea Maintain weight amounts Mental- work on goals for week 4</p>	<p>Week 4- Maintain Routine Aerobic- 4x wk for 45 mins Strength- 3x wk for 3 sets ea Maintain weight amounts Mental- Work on goals for week 4</p>

*registration fee includes facilitation of the programs, contribution toward incentives.

Incentives

Each week the team from each ridge with the highest percentage of points will receive a prize.

Week 1

Private class for your team at the Kula Space Yoga and Pilates studio. Fresh juice will be served after the class. (Set up a time with the owners of the Kula Space 307-763-7422)

Week 2

All team members will receive a one day pass or free class to PUREENERGY Fitness

Week 3

\$10.00 gift card to the Side Walk Café at SMH to each team member

Week 4

Refund on Registration fee