

TREK² HEALTH

RESILIENCE VIA EARTH

JUST HOW DO TREK2HEALTH AND WORLD HEALTH ORGANISATION'S PRINCIPLES FOR HEALTHIER COMMUNITIES MATCH UP?

Put simply, resilience is the ability to cope with mental and physical challenges in your life. It may be common knowledge to some, but high levels of physical fitness or wellness enable you to reduce the prevalence of cardiovascular risk factors and help you to enjoy a physically productive life.

Studies show that fifteen minutes of moderate exercise a day reduces the risk of heart disease and all-cause mortality by an average 14%, whilst increased amounts of moderate physical activity of up to six hours per week is better as it reduces cardiovascular disease risk and all-cause mortality by up to 60%. Vigorous exercise has also been found to be good, with running and other fitness activities consistently related to lower risks of mortality.

Musculoskeletal strength is also directly associated with health and wellness and it is shown that weightlifting and regular stairclimbing are related to lower risks of mortality. Other high intensity exercise also shows exceptional results, such as high intensity interval cycling and treadmill grade walking that increases protein synthesis which, in turn, enables increases in mitochondria volume and skeletal muscle size.

By getting out into nature, Trek2Health combines vigorous strength-based activities of repeat hills and squats, and moderate intensity walking in the forest to improve leg strength and aerobic fitness. Trek2Health's Resilience via Earth Program is in line with recent World Health Organisation guidelines that state that reducing sedentary behaviour, and partaking in some physical activity is better than none when it comes to improved health outcomes.

The following model shows our overall approach and Program goals. Improved resilience is achieved following six weeks of progressive training in a socially supportive, stigma free environment. Four modules of six weeks of training are undertaken with a walking challenge performed at the end of each one. The walking challenge is progressive from one module to the next and gives incentive to keep improving resilience/wellness over a 12-month period.

