

ACC COLUMBIA MOUNTAINS SECTION PRESENTS

PUSHING BOUNDARIES

LIVE ADVICE FROM A PHYSIO AND CLIMBER

LEARN WHAT INFLUENCES YOUR MUSCLE FAILURE AND PAIN THRESHOLD, AS WELL AS, HOW OTHER SENSATIONS IN THE BODY LIKE FEAR AND STRESS INFLUENCE PERFORMANCE. YOU WILL COME AWAY WITH A BETTER UNDERSTANDING OF YOUR BODY AND TOOLS TO DIRECTLY USE WHEN CLIMBING TO IMPROVE AND PUSH YOUR CLIMBING LIMITS.



PRESENTED BY NAOMI GIBBS
PHYSIOTHERAPIST AT RED CEDAR PHYSIO

LIVE PRESENTATION via YouTube

Saturday May 2 at 8PM

<https://youtu.be/Q1GDpAgcs3w>

Learn more at accolumbiamountains.com

