

Six Steps to improving your fitness the 'On Camp with Kelly' way



1. Get yourself a mentor

- OCWK athletes found having a mentor helped them to persevere during tough times
- Find someone with more experience than you who can provide you with support and guidance
- Consider getting yourself a personal trainer

2. Train with other people

- OCWK athletes use the other OCWK athletes as a key source of support
- Arrange to meet up with friends to exercise. This way you can support each other

3. Prepare yourself

- OCWK athletes found that effective preparation was essential to success
- Ensure that you plan your exercise programme and each session in advance
- Make sure you have everything you might need with you for each exercise session - appropriate footwear, your kit, a drink etc

4. Learn about your body and fitness

- OCWK athletes benefitted from regular educational workshops
- Get to know your body better. Read up on areas you could improve on, for example, nutritional advice or fitness techniques

5. Go for long term gains, not overnight success

- OCWK is all about working hard and reaping the long term rewards
- Have a goal plan for what you want to achieve
- Set goals starting with where you want to be in a year's time. Break this down into goals for each month, each week and each session. Evaluate whether or not you are achieving your goals regularly and then modify and adapt your goal plan as necessary

6. Stay healthy

- OCWK athletes work hard at minimising injury risk and staying healthy
- Ensure you warm up and cool down before and after every training session
- Allow your body to recover between exercise sessions
- Stay hydrated and eat healthily. Eating a balanced diet will help you avoid illness and injury and get the most out of every training session