



Tree climbing combines strength, cardio and mindfulness  
© YURI SMITYUK /GETTY IMAGES

## Arboreal locomotion

This is more than tree climbing – think a mix of parkour, rock climbing, martial arts and a dash of forest bathing (a Japanese practice involving spending time in the forest to improve mental health and wellbeing). It’s part cardio workout, part strength training and part mindfulness (you need to channel all your focus on each movement when you’re several feet above the ground).

“It mobilises and strengthens our hands, wrists, arms, shoulders, hips and spines,” says **Tony Riddle**, a wellbeing coach who incorporates arboreal locomotion in his training schedules. “It has been transformational for me and my clients. There is the physical element of gaining amazing scapular strength, postural rehab and core stability but that is nothing compared to the sense of achievement it gives my clients when they tackle their fears. It also takes them back to the state of flow and play they enjoyed as kids.”