



Rock climbing is seen as the most challenging adventure sport these days. More and more people are getting attracted towards this sport. The reason for this is because it allows people to challenge themselves, get some exercise and do this with the benefits of enjoying fresh and clean mountain air. Which other sports gives you so much and much more.

The advantage of rock climbing is that it can be done both indoors and outdoors. For all the nature lovers, outdoor climbing is the way to go. And for those who do not like going out there and getting dirty, indoor climbing that so many gyms are offering these days is the solution. This advantage of it being an indoor and outdoor sport is what makes rock climbing a popular and year round sport. Remember climbing is not for the faint of heart, it is for those who do not mind taking some risks and overcoming their fears.

Physical benefits of rock climbing

There are many benefits of climbing. One of the main reasons people take up climbing is because of its physical benefits. People are very health conscious and fitness is a big deal to them. So if gymnasiums get boring, then outdoor rock climbing is the best option for you.

Most people think that rock climbing is a sport for men; this is not true at all. More and more women are taking up this sport to enjoy the outdoor and to challenge himself in a man's world.

Rock climbing involves a lot of stretching. This is because when you are on that rock or crag, you will have to stretch to reach out to that next hold to pull yourself up. Stretching is a great way to improve physical conditioning and flexibility. When you are indulging in climbing what you also get is the benefit of balancing and improved hand-leg coordination.

Rock climbing helps you stay in shape. What it helps you do is

- . Develop muscle tone
- . Improves flexibility
- . Ensures balance
- . Improves coordination
- . Enhances physical focus
- . Helps burn calories

Remember that before you start climbing that you do some warm up exercises. Warming up is of utmost importance, without warm up

you are prone to injury and harm.

Mental benefits of Rock climbing

We all know that exercising makes you feel good about yourself. The reason for this is the happy hormones endorphins, which are released when you exercise. Hence the feel-good feeling. climbing is another such sport that makes you feel good about yourself. climbing is a challenging and difficult sport, when you have reached the top of the rock or crag, the feeling of accomplishment is unbeatable.

People are social beings; we do things in pair or groups. climbing is also an activity that can be done in pair or groups. This feeling of being a social being and the fun and experience of climbing, helps relieve stress.

Rock climbing makes people confident and builds their self-esteem. If you can climb the difficult and almost impossible rock you never thought you could, you can do almost anything else in the world. This makes you feel capable and self-assured. It builds esteem and your confidence.

Rock climbing also makes the climber more responsible and helps build trust. Responsibility comes with understanding the dangers and risks involved in climbing, and by respecting nature. The climber has to be responsible enough to take his own safety in his hands.

Trust comes with trusting and literally putting your life and safety in the hands of the instructor initially and later by trusting the rope and basic climbing gear. Trust is a major part of climbing.

Rock climbing can be fun and exciting if you go about it in the right way. Learn about the dangers of climbing and you should be fine as long as



you do not do risky things. Remember to warm up as you would before any sport, as this will prevent you from harm and injury.

As founder members of the Climbing Wall Manufacturers Association and with over 600 facilities in UK and World wide constructed till date, Entre-Prises, UK understands what is required to provide you with the very best product. Raymond Sport is proud to represent Entre-Prises, UK and have with their experience built some very exciting climbing facilities within the UAE.

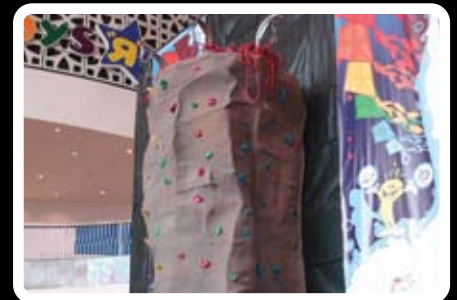


For more information about both indoor and outdoor rock climbing facilities please contact the team at Raymond Sport on +971 4 339 1331 or email office@raymondsport.com

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