Rock climbing exercises both body and mind

**Engineering student trains in the sport to develop physical strength and mental agility**

Ng Xuan Ching

“Rock climbing seemed to be an adrenaline-pumping sport. When I heard the clue to physically challenging it was everything I was looking for,” said Mr Oh, an engineering student at the Singapore Institute of Technology (SIT).

It takes patience, strategy and adequate training to incorporate movements that are specific to rock climbing. The injuries related to climbing could be either sprains and fractures, or skeletally related injuries, such as a strain or sprain.

While Mr Oh has not sustained any major injuries, he has achieved the control over his body to incorporate movements that are specific to rock climbing.

To prevent injuries, it is essential to incorporate movements that are used during climbing into a dynamic stretching programme. This includes core exercises, such as sit-ups, push-ups and pull-ups, which help to build strength in the arms, back and abdominal regions.

The sport also includes mental challenges of planning the best route and the ability to adapt to on-the-spot decisions to uncover the fastest and easiest route. The mind plays a big role in overcoming obstacles, for example, when one gets stuck in tough spots.

But climbing is not all physical. Climbing routes are like a puzzle. It takes patience, strategy and on-the-spot decisions to uncover the fastest and easiest route. The mind plays a big role in overcoming obstacles, for example, when one gets stuck in tough spots. The climber has to keep total control over his body while staying calm enough to plot the next move,” Mr Brian Oh said.

GetPhysical

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