

## **MGayle Adventures Training Philosophy**

Getting into fabulous shape is a goal all of us desire at some point in our lives. However, fitness without a purpose increases the likelihood the goal will not be realized, or will not be sustained for the long-term. To get in shape, and maintain it requires a shift in perspective, habit and desire.

MGayle Adventures provides a unique service in the travel industry: We turn a desire to get fit in to a life-changing experience through wilderness adventure. We not only provide an engaging purpose for getting into shape, we provide the fitness training guidance and support to make the trip a success. For example, we believe it is essential that the person who trains you be familiar with the demands of the trip you have chosen to take. Knowing this, you can relax in the knowing your training regime is tailored to increase the level of comfort, confidence and ease you will experience on the trip.

Going in to the deep wilderness can be daunting because such trips are filled with unknowns. The relationship built during trip preparation builds strength, endurance and flexibility. It also opens the door to make a life-changing personal shift that culminates during the trip itself.

MGayle Adventures is passionate about enabling individuals to experience the wild places on the planet before they are gone forever. Let our passion for fitness and adventure inspire you to rise to a new level of awareness, confidence and vitality for the long-term. Cal us today!