

Reaching your Peak

What's it all about?

Our purpose for developing this initiative was driven from, what we believe, was a need to help people who choose to venture out into the Hills, fells and Mountains, that may not have experienced them previously or indeed may not necessarily have all the knowledge to ensure their safety whilst exploring.

Whilst venturing off into the Mountains with good intent may seem a great idea to restore balance, mindfulness and aid wellbeing, it brings with it a few challenges that the uninitiated may not necessarily be familiar with, we hope to help in this area by keeping you safe and protected so that you may optimise the tangible benefits of being outside.

Both Chris and I are fortunate enough to be keen on the countryside, and recognise the physical and mental benefits it can offer, hence our website, www.positiveoutdoor365.com (**Escape, Discover, Grow**)

You don't know what you don't know!

Escape

It's easy to get locked into the same routines, stifling creativity, and potentially leading to challenges to our wellbeing (some of which may even be our ability to relate to others).

It's time to Escape to the countryside and get your balance back.

Discover

With all the "chatter" going on in our heads, the countryside is a fabulous place to become more receptive to fresh ideas.

Exploring the great outdoors gives us an opportunity to become a better self (or perhaps even regain the 'old you' before you were tired and intellectually drained)!

Discover your real potential, being outdoors gives you chance to be your best self.

Grow

Getting 'off Grid' can enable free thinking, fresh meaning, and a capacity to energise oneself, give yourself a digital detox, you know you're worth it!

It's time to Grow.

Start with a team of one.

Where are you on the scale of benefits?

After 5-10 minutes mood improves, and creativity starts – after 90 minutes the negative and restrictive thinking patterns are substantially reduced, freeing capacity to be all that you truly are capable of being (or thinking).

Where would you like to be?

Martin (Compass) & Chris (Clogs)



How walking affects the body

