RABBIT SEASON! DUCK SEASON! OH, DEER...

BY OMAR FERCHA, ATC

*Be vewy, vewy, quiet.. It's hunting season. **insert Elmer Fudd laughing here***

Fall is the air. Leaves are changing color to earthier rust, ochre, and sienna colors. Offset against the changing landscape, you'll find random splashes of bright orange. These are humans. Actual humans wandering the woods (for potentially miles) on a quest to claim their prize. This is no easy feat, mind you, and one you should do your best to prepare for.

BALANCE

• **YOUR** balance. Practicing your balance skills will not only make your hunt hiking more successful, it will keep you prepped for the hike home with your prize!

• **YOUR** pack. Unless you're hunting quail, you're planning on adding lots of pounds to your pack during your hike. Hiking out with an unbalanced pack will lead to a whole host of issues you'd rather not deal with!
  ○ Find the right pack for you. This is not the time to borrow a buddy's pack. Weight should sit through your shoulders and hips.

WARM-UP

Hunting requires some skill and athletic prowess in order to be successful. Tracking requires lots of walking to follow an animal. This is no day hike either. Between a weapon, snacks, and **WATER**, you'll be carrying extra weight and expending a lot of energy in the day. A proper warm-up is critical to make sure your muscles are prepared for such an endeavor. You will be sore! Your back, shoulders, and feet will take the brunt of the day. Take 10 minutes and ensure a proper warm-up.

****Non-work related injuries have a pesky habit of turning into work related injuries. Set yourself up for a safe adventure and a healthy return to work!****

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