

Mike Mosher

Age: 27

Comes from: Canada

Started climbing: 2010

Fluent in: English

Favorite Climb:

Changing Plans Direct

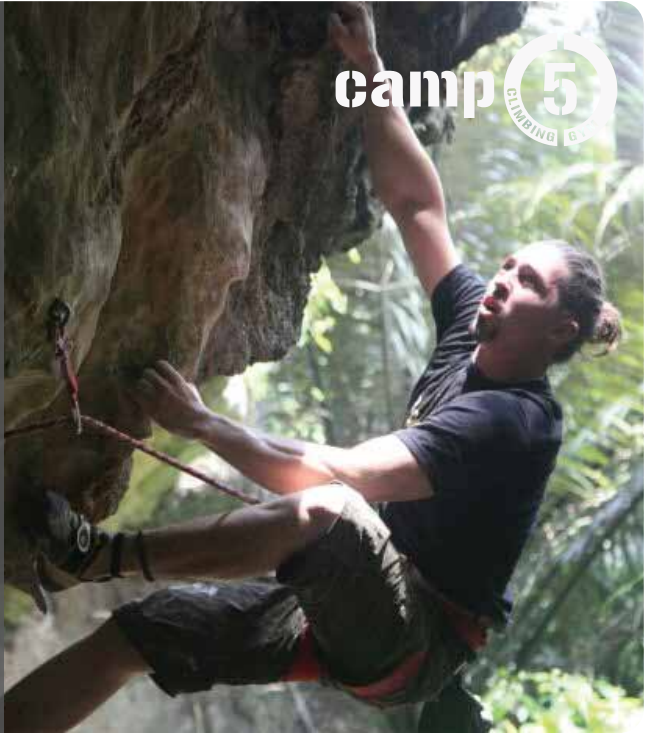
7c+ Thakek, Laos

When not climbing I'm:

studying fitness and
nutrition

Favorite Movie:

Shawshank Redemption



With a long history and passion for extreme sports, from riding BMX professionally to being part of the Canadian Forces Infantry and having trained in Mixed Martial Arts, Mike is constantly in pursuit of discovering and pushing his body's limits, both physically and mentally. Rock climbing, with its exciting and complex nature, drew Mike in 5 years ago. Since then, he has been in constant pursuit of knowledge and experience.

Mike advocates maintaining a healthy and balanced lifestyle through physical activity and discipline, in both fitness and nutrition, in order to progress one's self in surpassing boundaries.

Mike is now in pursuit of obtaining a fitness nutrition and ACE Personal Training certification. With such knowledge coupled with experiences gained throughout his years of participating in extreme sports, Mike hopes to pass on the motivation, discipline, techniques and knowledge required to excel, whether it is in rock climbing, fitness and/or generally in pursuing and maintaining a healthy and active lifestyle.

To get in touch with Mike email directly to: **coach.mike@camp5.com**

To find out more about Camp5's private coaching service drop us an email to **climb@camp5.com** or call during open hours at **03 - 7726.0420 / 0410**