



# February/March 2007



## Strengthen the Abdominal Muscles to Strengthen the Back.

“What’s the connection?” you ask? The connection lies in the broad, tendinous origin of the Transverse Abdominis Muscle at the lower thoracic and lumbar vertebra and it’s wrapping traverse around the trunk to it’s insertion onto the xiphoid process of the sternum and into the anterior layer of the rectus sheath of the abdominal wall. Upon contraction of the transverse abdominis there is a responding contraction of the deep stabilizing muscles of the lower thoracic and lumber spine. An easy exercise to target the transverse abdominis muscles is with both forearms on the floor, rise onto the balls of your feet while holding your whole body straight, hips and shoulders at the same level, just like a plank of wood. Concentrate on pulling in your belly button towards the spine. Hold for 30 seconds. To increase the challenge rock forward and back on forearms and balls of feet 30 times all the while holding the plank position.



## Twin Jewels



### Twin Jewels

You’ll find more than 40 national parks across Canada – and our base of Revelstoke is lucky enough to have two right on our doorstep: Mount Revelstoke National Park on the edge of town, and Glacier National Park about an hour to the east.

Both parks protect a very special ecological zone – non-coastal old-growth rainforest. Since this kind of rainforest is more often found beside the ocean, its position between British Columbia’s dry interior plateau and the Rocky Mountains makes it very special. It’s an area of towering cedar and hemlock trees at lower elevations in the valleys, opening out into alpine meadows and pine forests as you begin to climb. The vegetation finally gives way to exposed, rocky peaks and ridges that create wonderful silhouettes against the sky, especially at sunrise and sunset.

We often refer to the whole chain of mountains that stretch north-south through British Columbia and Alberta as the Rockies. In fact, the Rockies

are the eastern edge of those mountains, and the ranges around Revelstoke, known collectively as the Columbias, include the Purcells, Selkirks, Monashees and Cariboo – some 160 to 180 million years young!

We can thank these mountains for the rain-forest conditions that produce the fantastic powder snow that we ski every winter. They create a weather effect that captures moisture from clouds that the jetstream pushes west from the coast and over the mountains to the prairies and beyond.

This creates an ideal habitat for many animal species that are considered at risk, including the grizzly bear, wolverine and even the mountain caribou – and that’s really where our national parks work their magic. By protecting habitat that may be disappearing elsewhere, they’re working to preserve the species that call our mountains home.

### Wildlife Watching

Here at Heli Canada Adventures, we often get asked whether we’ll see bears or other wildlife on our trips. The answer is that there’s plenty of wildlife out there, but we rarely have any close encounters with bears. We do see their signs, however, from their tracks to their “scat.” Our expert guides know what to watch for, so they’ll point out claw marks on trees and other telltale signs.

Winter is a great time for wildlife tracking, because the snow weaves a wonderful story

**[www.helicanada.com](http://www.helicanada.com)  
1-888-837-5417  
(toll free in North America)**



## About Heli Canada Adventures

HCA specializes in exclusive, small group heli adventures. Our winter adventures feature powder ski and snowboard touring, and heli snowshoeing — and we also team up with two high-quality partner companies to offer heli skiing and heli snowboarding.

Our summer adventures range from heli picnics to heli backpacking, with heli hiking and heli mountaineering as our signature offerings.

We match each trip and group to your pace and expertise, making our adventures ideal for families, couples and single travelers. We also specialize in designing corporate, private and incentive heli adventures to fit your goals. From our base in Revelstoke, British Columbia, we provide unparalleled access to some of North America's most pristine mountain wilderness.



in animal tracks. You can actually see the amazing bounds of the rabbits, and the often dainty hoofprints of the deer. Heli snowshoeing trips provide a super opportunity to “read” the stories as you enjoy this very traditional – and easy! – method of leaving your very own tracks in the wilderness.

As for what we do see? Mountain goats, caribou and deer are frequent visitors, and we always keep our eyes on the skies, where eagles and hawks can often be seen “surfing” the thermals! Give us a call or an e-mail, and we can always explain which wildlife you can watch, and when.



## Featured Adventure: Summer Heli Hiking

From late June to mid-September, the Rocky Mountain backcountry becomes a hiker's paradise. Melting snow feeds wildflower meadows, while glaciers contribute an icy flow to sparkling alpine tarns. It's all yours, just minutes from our base in Revelstoke, courtesy of an exhilarating helicopter ride.

You choose the day's pace, knowing that you'll be working up a great appetite for the gourmet meals that are included in your exclusive adventure. Watch for wildlife, sharpen your photography skills, or simply breathe in that clear, alpine air. One- to four-day adventures are all available, or we can customize your adventure to your schedule!



## Contact Information:

1 (888) 837-5417 (toll-free in North America)

1 (250) 837-5417 (outside North America)

info@helicanada.com

www.helicanada.com

**We would Love to hear From you!**

**www.helicanada.com**  
**1-888-837-5417**  
**(toll free in North America)**

