

Forest Fitness: Fullerton Tree Experts' Development of Tree-Centric Exercise Programs

April 26, 2023

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Fullerton, CA - Fullerton Tree Experts, a premier tree care company in Fullerton, California, is excited to announce the launch of their innovative "Forest Fitness" program. This unique exercise initiative is designed to incorporate trees and natural environments into diverse workouts, helping participants connect with nature, improve their physical fitness, and enhance their overall well-being.

Juan Warren, CEO of Fullerton Tree Experts, explains the inspiration behind the Forest Fitness program: "We understand the powerful physical and mental health benefits of spending time in nature. With our Forest Fitness program, we wanted to create an engaging way for people to connect with the natural world while working on their fitness goals. By incorporating trees and natural surroundings into our exercise routines, we can provide a refreshing, invigorating workout experience."

The Forest Fitness program features a variety of tree-centric workouts, including tree climbing, tree-assisted stretching, and resistance training using branches and trunks. Additionally, the program incorporates mindful

practices such as forest bathing, which involves quiet contemplation and deep breathing in a natural setting to promote relaxation and mental clarity.

Warren highlights the unique aspects of the program: "Our Forest Fitness program goes beyond traditional outdoor exercise routines. By using trees as an integral part of our workouts, we provide a fun and challenging experience and foster a deeper appreciation for the beauty and strength of these natural wonders."

Read this story to learn about Fullerton Tree Experts' couples tree planting program: https://www.pressadvantage.com/story/60154-the-trees-of-love-fullerton-tree-experts-initiates-tree-planting-program-for-couples.

The Forest Fitness program suits individuals of all fitness levels and ages. Each session is led by certified trainers who work closely with Fullerton Tree Experts' arborists to ensure participants enjoy a safe and effective workout experience. Additionally, the program offers customized workouts to accommodate participants' specific needs and goals.

Warren emphasizes the accessibility of the program: "We designed our Forest Fitness program to be inclusive and adaptable for everyone, regardless of their fitness level or experience. Our certified trainers are skilled in tailoring workouts to meet each participant's unique needs and goals, ensuring a positive and enjoyable experience for all."

In addition to providing an innovative workout experience, the Forest Fitness program also allows participants to learn about the importance of trees and their role in maintaining healthy ecosystems. Through guided tree identification walks and educational talks, the program aims to raise awareness about the value of trees and the need for proper care and preservation.

Warren explains the educational aspect of the program: "At Fullerton Tree Experts, we are passionate about promoting the importance of trees and their many benefits. Our Forest Fitness program is a fun and engaging way to improve physical fitness and educate participants about the vital role trees play in our environment and our lives."

For more information about the Forest Fitness program or to learn more about the company's tree care services, please visit the Fullerton Tree Experts office at 227 W Whiting Ave, Fullerton, CA 92832, United States. Alternatively, contact the company at +1 949-755-0774 and sales@orangecountytreeexperts.com.
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Fullerton Tree Experts

Fullerton Tree Experts is a family-owned tree service with over 25-years of experience caring for the natural landscape of communities in Fullerton & Orange County.

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