

## STEP 6. Set up your base camp

Your *base camp* is where you are safe from flare-ups and a long way from injuring yourself. From your *base camp* you can set off to explore all of Mt Now.

Here is an example of how you would find your *base camp* for walking – there are 3 questions to answer:



*How much do I want to do?*

Goal – 1 hour would be great.



*How much would it take to really flare me up?*

Flare up point – around 30 minutes.



*How much does it take to make me hurt now?*

Protect with pain point – about 5 minutes.

Once you have established your *protect with pain* and your *flare up* points, your *base camp* can be set up anywhere that you feel you can cope between these points. In the example above, this will be between 5 and 30 minutes.

Remember that anywhere below your *tissue tolerance point* you won't hurt your tissues – you might be sore, but you will be safe. And *bioplasticity* will be at work for you.

Now run your selected activity through this process.

1. My activity goal:

2. How much\* would it take to really flare me up?

3. How much\* does it take to make me start to hurt now?

Therefore, I am setting up my *base camp* at:



\*time, number or some other measure