

RESEARCH & ARTICLES ON THE BENEFITS OF ROCK CLIMBING

Research

- Climbing provides positive benefits for health-related fitness in youth.
 - [Rock Climbing for Promoting Physical Activity in Youth - PMC \(nih.gov\)](#)
- Climbing is a moderate-to-vigorous physical activity.
 - [climbing-energy-expenditure.pdf \(shopify.com\)](#)
 - [Energy expenditure and physiological responses during indoor rock climbing. - PMC \(nih.gov\)](#)
 - [Physiology of sport rock climbing | British Journal of Sports Medicine \(bmj.com\)](#)
- Climbing can help reduce symptoms of depression.
 - [Bouldering psychotherapy reduces depressive symptoms even when general physical activity is controlled for: A randomized controlled trial - PubMed \(nih.gov\)](#)
 - [Bouldering psychotherapy is more effective in the treatment of depression than physical exercise alone: results of a multicentre randomised controlled intervention study | BMC Psychiatry | Full Text \(biomedcentral.com\)](#)
- Climbing can be an effective intervention for children with ADHD.
 - [The Impact of an Adapted Climbing Program on Children with Attention-Deficit/Hyperactivity Disorder | International Journal of Physical Education, Fitness and Sports \(ijpefs.org\)](#)
- Climbing can improve working memory.
 - [THE WORKING MEMORY BENEFITS OF PROPRIOCEPTIVELY DEMANDING TRAINING: A PILOT STUDY \(.\) - PubMed \(nih.gov\)](#)

Articles

- [Climbing is a Thrill. It's Also Really Good for You.](#) (Time Magazine, February 16, 2023)
- [Rock Climbing Brings Unexpected Benefits](#) (CNN, May 5, 2022)
- [Climbing Walls Promote Lifelong Fitness Habits Among Youths](#) (Tracy Carbasho)
- [Looking for Ways to Keep Fit](#) (Rob Daniel)
- [Rock Climbing Benefits – Mental, Physical & More](#) (Climber News)