

## Q&A

**Adventurer and Powertraveller ambassador Squash Falconer talks to us about her experiences climbing Mont Blanc and facing nerves head on...**

**YF: What's your greatest achievement?**

**SF:** "It's tough to narrow it down to one. Riding my motorbike from England to the foot of Mont Blanc in the South of France, then climbing to the top and becoming the first British woman to paraglide from the summit was a very special achievement. It taught me that in life you just have to go for it. I'd pushed myself to limits I had no idea existed."

**YF: How do you conquer nerves?**

**SF:** "Being prepared helps; physically, mentally and with the right kit. I've learnt that fear is actually a good thing, it focuses me. I fell off the side of Mont Blanc when I was climbing up a steep section of ice but, I had amazing clarity and was able to work out what I needed to do. I'm always very nervous, but it gets me in a good head space – I do all my checks and then I do them again!"

**YF: What's your best piece of health advice?**

**SF:** "Laugh as much as possible, surround yourself with good people and positive energy and when you open a box of chocolates, eat one, not all of them! Exercise as much as you can – if you're short on time, interval training is great. Finally, don't punish yourself for what you've done or not done, everyday is a new day and a fresh start if you want it to be."



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