

Are you ready for Ski or Snowboard season??

Skiing and snowboarding are great outdoor activities that many of us will enjoy this winter, and it's much more fun when you're physically prepared for it. There is nothing worse than having to pack up early from the slopes because you're too tired or your muscles and tendons are sore.



Dynamic, active skiing or snowboarding demands a combination of both technique and the muscle strength/flexibility to keep yourself balanced and able to accurately steer your way down the slope run after run.

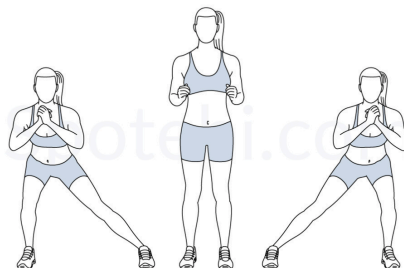
Over the course of a long day on the mountain, you're going to be using a lot of the same muscles and may develop repetitive stress on some of your joints, especially in the knees.

Keep yourself injury-free this season - take some time before you hit the slopes to incorporate some dynamic warm-ups. Spending your time on the ski hill is most certainly an enjoyable experience, but it is also hard work!

Call us to help understand what you can do to stay healthy!

Dynamic warm-up examples (movement repetition with good form):

1. Squats – to loosen hips and knees and get muscles working
2. Side stepping – to work on weight shift and hip mobility
3. Mini Lunges – keep hips level and opens hips



Suite 420 - 233 West 1st Street, North Vancouver, BC V7M 1B3 tel: 604-983-6616 info@body-works.ca