

SKIING, FITNESS PREPARATION

Going Skiing ??
Have you thought about your fitness route ??

Physio
Helps
You to enjoy
Skiing and prevent
Injury whilst
On the slopes

After a great skiing holiday many of us come back enthused. We may book immediately for the next year and before we know it our holiday is nearly upon us and we start to wonder if we are fit enough. It can be quite a task to reach optimal fitness!

When you actually get out to your holiday destination and start skiing for 6 hours every day it's then that you wish you had prepared a little better.

There are four main areas you need to think work at in order to "GET FIT FOR SKIING".

1. Muscle Strength and Endurance
2. Improving Cardio-Vascular Fitness
3. Improving Flexibility and Stretching
4. Improving Balance

Muscle Strength and Endurance

You need to start to build up the muscle control and strength of your legs and torso to help you get down the slopes with ease and style, and these muscles need to be able to work all day without you getting "juddering" legs.

Squats :- Controlled movement, with your feet facing forward and keeping your back straight to protect it from injury. At the gym you could hold weights but keep your arms by your side.

Wall Slides :- Place your back against a wall, feet slightly away from the wall. Keeping your back straight, slowly slide down the wall half way. Make sure your knees go out over your feet and then return by sliding back up the wall. Do the movement slowly and controlled. Be careful you don't bend your knees so far that you struggle to get back up and if you feel **any** pain then **stop** the exercise immediately.

Box Step :- You can use the bottom stair at home or a Reebok step at the gym. Step up on to the box or first stair and then step down. Start with low repetitions and increase the repetitions as you feel comfortable to do so.

Leg Press at the Gym :- Start with comfortable weight and high repetitions, then progressively add weights. (It would be sensible if you haven't used this type of equipment before to ask a gym trainer to show you the exercise.)

Cardio-Vascular Fitness

This is all about improving your body's ability to keep your heart rate high for increasing periods of time and to cope with a physically testing day on the slopes. Using an exercise bike, running, a step/ski machine, and speed walking will all help to start to condition your cardio-vascular system.

If possible it is best to monitor your cardio-vascular fitness with a trainer at a gym. If you don't go to a gym start with 5 to 10 minutes of one exercise and build up slowly to at least 20 minutes of each exercise 3 times a week.

Stretching and Flexibility

You need to make sure that the muscles you are training are warmed up and stretched to be able to cope with the demand you are asking of them. Also, at the end of the session or the end of the day, take 20 minutes to run through the stretches to lengthen and maintain flexibility of those tired muscles. You will feel much easier the next day if you do stretch properly.

For additional information and exercise advice, please contact The PhysioStudio.

With all exercises and stretches if you are unsure about any movement, or experience any discomfort then please stop the exercise and seek advice from your local physiotherapist.

Injury Prevention

Bindings – don't have them too tight. Save your knee ligaments by allowing the skis to come off when you fall rather than letting your knees take the force and damaging your ligaments.

Clothing – Wear undergarments that are breathable and warm. Cotton makes you perspire and stays damp which will make you cold when you are on the chair lifts.

Drinking and Skiing – It is very nice to have a warm wine at lunchtime, but alcohol does reduce your balance and reaction time. Make sure you stay hydrated all the time with water. Take a bottle of water on the slopes with you, (especially if you are going to be partying at night time).

Apres Ski – Try to do some of the basic stretches at the end of each day as it will help to stop you getting too stiff. Eat well and give your body back the energy you have just used up, ready for the next great day of skiing.

Above all, have a great time and remember, if you do hurt yourself training find a Physiotherapist in our local area to help you get back to normal as soon as possible.

This information brought to you by the Physio Studio, Binfield Bracknell's premier physiotherapy practice.

www.physiostudio.com

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