

Are you ready to hit the slopes?

Are you heading to the snow this year?

After coming back from boarding in Winter Park in Denver Colorado in March, I thought I could give you some tips and exercises to help you enjoy your time. If you are anything like me, a day on the slopes means a full day, from the time the lifts open to the time they close. If your body is not ready for it you might not be on the slopes come the next days because you're too sore.

1. Train the muscles you will be using with the following exercises:

- Squats
- Lunges
- Leg Press
- Calf Raises
- Abdominal Training

These muscles need to be trained for endurance, high repetitions; low weight is what you are looking at. If you are a snow boarder you need to practice getting up after falling over as it is going to happen. Sit on your bottom with feet on the floor and then work yourself up without your feet coming off (imagine your board is attached to your feet).

2. Your lips and face are what get the most wind damage so keep covering up those lips with gloss and keep moisturising your face.

3. When we are cold we feel we need to eat more to get warm. Just eat your normal amount but have warm drinks, as this will warm you up quicker.

Enjoy the slopes!

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