

KEEPING IN TOUCH...

The ski season is almost upon us. Want to begin skiing this season as well as, or better than, you did last year? According to eHow.com here's a way to pick up where you left off.

Start at least 2 months before going on the slopes, and repeat the exercises at least 3 times a week. Every day is better.

1. To cleanse your system, start by drinking lots of water.
2. To build up your aerobic system, begin by walking 10 minutes 3 times a week, then build to 20 - 30 minutes over the course of 2 months.
3. To increase your flexibility, add 5 minutes of stretches to your routine every morning by doing cat-cow stretches, and move on to straddle stretches. (If you don't know what they are, look at photos on eHow.com.)
4. To build up your lower body, do 10 squats per day with 5-lb. weights then work yourself up to 10-lb. weights.
5. To work your leg muscles, fasten a resistance band to a doorway by anchoring the weight on the other side of the door. Anchor it low on the door and place the chair facing away from the doorway. Put your feet in the stirrups of the resistance band and lift and lower your legs 12 times to work your leg muscles. As you improve add another set or tighten the band.
6. To get your calves in shape, stand next to a chair to use for balance, place your feet apart with toes pointing away from each other, lift and lower yourself on your toes 18 times.

In addition, strong abdominal muscles are really important. Add some crunches and leg raises to the routine.

Other websites on getting in shape for skiing:

www.tasteofparkcity.com/2009/09/ski-season-getting-into-shape-for-skiing-park-city-utah

www.suite101.com/content/getting-in-shape-for-skiing-expert-tips-a162223

www.sportsgeezer.com/sportsgeezer/2007/11/five-tips-to-ge.html