

ALPINE SKIING

Did You Know...

- 44% of downhill skiers are women
- 11% of downhill skiers are children aged 7-11
- 40% of downhill skiers are ages 25-44
- 6 million people participate in alpine skiing

Fitness Benefits and/or Muscles Used

- Downhill skiing is an excellent form of aerobic exercise, enabling skiers to raise and maintain their heart rates for at least 15 minutes.
- Skiing is also an anaerobic exercise that increases strength and ability to sustain short bursts of exertion. Skiing bumps and short-radius turns all rely on power and stamina.
- Skiing relies on coordination, balance and flexibility, benefits that allow for a more dynamic range of motion and ultimately, a better technique.
- Downhill skiing works the leg muscles, especially hamstrings and quadriceps.
- Abdominal muscles are used to control body posture during each run, ultimately making them stronger.
- The triceps are used for accurate and strong poling maneuvers, conditioning these muscles over time for greater fitness.

Calories Burned

Adults*

Children**

<u>Activity</u>	<u>Calories burned/hr</u>	<u>Weight</u>	<u>Calories burned/hr</u>	<u>Weight</u>
Skiing downhill, light effort	295 calories/hr	130 lbs	151 calories/hr	70 lbs
	352 calories/hr	155 lbs	189 calories/hr	90 lbs
	431 calories/hr	190 lbs	236 calories/hr	110 lbs
Skiing downhill, moderate effort	354calories/hr	130 lbs	181calories/hr	70 lbs
	422 calories/hr	155 lbs	226 calories/hr	90 lbs
	518 calories/hr	190 lbs	283 calories/hr	110 lbs
Skiing downhill, vigorous effort	472 calories/hour	130 lbs	242 calories/hr	70 lbs
	563 calories/hour	155 lbs	302 calories/hr	90 lbs
	690 calories/hour	190 lbs	377 calories/hr	110 lbs

*www.nutristrategy.com **calculations are estimates based on consultation with American College of Sports Medicine

Social/Adventure Benefits

- Skiing can be as mellow or as vigorous as participants like. Whether enthusiasts decide to ski down a near-vertical mogul field, or just cruise the mountain carving arcs into the snow, skiing makes for a great friend/family activity.
- Many communities have ski clubs that take trips to resorts. This is a great way to bring friends or family together.

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Even More Good News

- Alpine skiing originated from specific inventions and techniques developed in Norway's Telemark County during the last half of the 1800s.
- In the 1960s and early 1970s, beginners started on long, stiff skis. Today, first-timers have a much easier time because of the advancements in equipment and teaching techniques. Shorter, shaped skis have shortened the learning curve for first-timers.
- Most resorts throughout the United States have developed Learn To Ski Packages that include a lift ticket, equipment rental and instruction, providing a less intimidating environment to learn.
- Many ski resorts are catering to young families by offering daycare and special programs that teach young children to ski and improve their skills. Other resorts organize adventure weekends that encourage children to participate in winter sport.

Sources:

National Sporting Goods Association 2004 Sports Participation Study