

⇒ **Winter Driving Tips**

Ice or snow buildup can impede one's ability to see, so it is important to remove all ice and/or snow from the car— roof, hood, back up camera, wipers and windows.

- Let the defroster run for a few minutes before moving the car. This will help ensure that the windshield washer fluid is defrosted.
- Make sure your windshield washer dispenser has plenty of fluid before departing. Be sure to use winter washer fluid.
- Keep the defroster on while driving to prevent the windshield wipers from freezing. It will also help keep road salt from solidifying on your windshield.
- Be cautious when braking. Allow for extra distance on slippery roads.
- Accelerate gradually and avoid sudden maneuvers.
- Do not use cruise control when driving on any slippery surface (wet, ice, sand).
- Pay attention to road condition advisories and updates and heed restrictions.
- Avoid driving when fatigued. Getting the proper amount of rest before starting a trip is a must.
- Make certain your tires are properly inflated.
- Keep your gas tank at least half full to avoid water condensation in the fuel lines.
- If possible, avoid using your parking brake in cold and snowy weather.
- Remember to fasten your seat belt every time you get into your vehicle.

⇒ **Health Benefits of Skiing**

One of the greatest things about skiing is that it gives you a huge workout while having tons of fun. But just how healthy is skiing?

Balance & Coordination.

- Skiing greatly enhances our ability to coordinate our bodies. The agility needed to make controlled turns, quickly correct an edge catch or avoid obstacles, and to stop quickly are skills that will translate to better coordination and balance in everyday life.

Cardiovascular & Endurance.

- Skiing is an aerobic activity that gets your blood flowing and therefore increases how effective your cardiovascular system becomes.

Mood & Attitude.

- Being in the mountains, breathing fresh air, hanging out with your friends and ripping down a mountain on fluffy snow is enough to make anyone smile for a long time. Skiing is so much fun!

Muscles.

- Skiing pretty much puts you in a squat position at all times which has the effect of doing a ton of squats without realizing what you're doing. The strength needed to keep poised and coordinated also comes directly from your core which gives your abdominal muscles a great workout.

Joints & Bones.

- While skiing, the body relies heavily on your joints. We're constantly pivoting and working our ankles, knees, and hips rather heavily and thoroughly in ways that are seldom found in other sports.

