

## Safety, Health & Fitness—

### Side-Step Exercise

Confident, explosive skiing demands agility and quickness-especially in the bumps. This simple exercise will give you quick feet, lower-body strength, muscle endurance and-if you push yourself to the limit-sore quads.

#### How To Do It

Stand in a semi-squat position and step side to side, maintaining the stance throughout the exercise. Keep your head up, avoid hunching your back, and focus on your “inside edge” as you push off. Try this quad burner for 30 seconds, rest for one minute, and repeat three times.

#### As You Improve

Attach a sport cord or resistance band to a doorjamb or any secure point off to the side of you. Place the belt around your waist, and get into the starting semi-squat position. Position yourself far enough from the door so that there is constant tension on the band. As you perform the exercise, you may find that your body feels unstable-and that's OK; as you continue, you'll build stability and power. Do the exercise for 30 seconds on one side, then switch to the other. Do three sets on each side. Soon you'll feel more power in your lateral leaping-and in the bumps.

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### Tips for Flying over the Holidays

Flying over the holidays? Here are a few tips to help ensure a smoother travel experience:

1. Stay informed of schedule changes.  
Prior to your trip, visit [united.com](http://united.com) for updates on flights or to register with United EasyUpdate for real-time flight status alerts. You can also call 1-800-United-1 (1-800-864-8331).
2. Arrive early.  
If you're checking bags, arrive at the airport at least 90 minutes before your scheduled flight. If you have just carry-on luggage, arrive at least an hour before your flight. For international travel, arrive at least two hours before your flight.
3. Bring required documents.  
Make sure you have a government-issued photo ID or valid passport. If flying internationally, have the appropriate documents on hand for entering and exiting countries, especially if flying with young children. You may need a notarized letter from the child's parent, if traveling alone with that child.
4. Be mindful of luggage.  
For your convenience, you may carry on one bag and a small personal item such as a briefcase, purse or laptop. Try to limit checked luggage and keep each piece under 50 lbs. to avoid extra fees. Place undeveloped film in carry-on luggage to avoid damage by security scanners.
5. Keep bags unlocked at all times.  
To ensure safety, airport security may need to search your luggage. If you are unsure about what you can bring on board, here is a list of unacceptable items.

For safety reasons, dangerous goods may not be packed in checked or carry-on baggage or taken on board with you. Restricted articles include but are not limited to:

- Acid
- Lighter fluid
- Explosives
- Flammable solids/liquids
- Oxidizing materials
- Corrosive materials
- Compressed gases
- Poisons
- Etiologic agents
- Radioactive materials
- Irritating or incapacitating sprays
- Mercury

- Noxious materials
- Briefcases and attaché cases with installed alarm devices

### Firearms

Federal regulations require that firearms in checked baggage or in their own shipping case be unloaded and declared. Firearms are not allowed in carry-on bags. Firearms in checked baggage must be packed in a hard-sided bag or gun case. A maximum of 11 lbs. of small arms ammunition is allowed in checked luggage in the original manufacturer's box or securely packed in a fiber, wood, or metal box to prevent movement of cartridges.

### **Year Round Fitness**

In order to get the most out of your skiing, keep your body in good shape throughout the year. Cycling, running, swimming, skating, and skipping are good for cardiovascular fitness, as are aerobic or stepping workouts.

Skiing is a demanding sport. It subjects your body to repeated stresses and involves strenuous exertion at high altitudes. The fitter you are, the better and longer you will be able to ski each day, the lower your risk of injury will be, and the more you will enjoy your holiday.

To improve your endurance, your fitness training should include at least 20 uninterrupted minutes of aerobic work, at least twice a week. Squash and racquetball help to build explosive power, while weights are most effective to develop muscular strength.

There is no need to use heavy weights, or to build muscle bulk. Concentrate on leg and back exercises, but don't forget your stomach and shoulders. Aim for three to six sets of 20 repetitions with fairly light weights, concentrating on perfect execution.

You can also improve your balance and co-ordination during the off season. Almost all active sports will help. If you want to work on your technique before your next trip to the snow, try grass skiing or visit your local dry slope. Roller-blading is fun and uses much of the same technique as carving turns on skis.

You should exercise to prepare for your coming ski vacation. Each session consists of three elements:

- \* warm-up
- \* exercise circuits
- \* stretch

Each session should take under an hour. Aim to train at least twice a week during the two months prior to the start of ski season, building the frequency during the last month.

### **Running**

Never start training without a 15 minute warm-up. Jog gently on the spot for five minutes to get your circulation going. This will increase the blood flow to your muscles, warming and relaxing them.

### **Stretching**

Then stretch the major muscle groups to prepare them for more vigorous use. The following exercises are static stretches, so there should be no bouncing, no getting out of breath, no straining. Hold each position for 10 seconds, and make sure you feel the stretch in the correct muscles. Pay particular attention to your back and knees, since these are vulnerable to injury.

### **Aerobic fitness.**

Perhaps most importantly, you need to be aerobically fit in order to exercise in the thin mountain air. There's only one way to achieve this, and that's through some sort of programme of exercise which raises your heart rate and keeps it there over a period of at least 15 minutes.

### **Anaerobic fitness.**

Skiing also calls for anaerobic fitness, the strength and ability to sustain short bursts of exertion. Skiing bumps, short radius turns and schussing all require power, as well as stamina.

### **Coordination, balance and flexibility.**

Finally, your ski fitness program should improve your co-ordination, balance and flexibility, allowing you a more dynamic range of movement.

Exercises should concentrate on those muscle groups that are most used in skiing: the leg muscles, especially the quadriceps and hamstrings; the abdominals, which control body posture; and the triceps, which are used for poling.

## **Tips for Your Ski Trip**

### **Obtain proper equipment.**

Be sure to have your ski or snowboard bindings adjusted correctly at a local ski shop. You can rent good ski or snowboarding equipment at resorts.

### **Take a lesson.**

Like anything, you'll improve the most when you receive some guidance. The best way to become a good skier or snowboarder is to take a lesson from a qualified instructor.

### **Drink plenty of water.**

Be careful not to become dehydrated.

### **Curb alcohol consumption.**

Skiing and snowboarding do not mix well with alcohol or drugs.

### **Dress in layers.**

Layering allows you to accommodate your body's constantly changing temperature. For example, dress in polypropylene underwear (top and bottoms) which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Wear a turtleneck, sweater and jacket.

### **Be prepared.**

Mother Nature has a mind of her own. Bring a headband or hat with you to the slopes, 60 percent of heat-loss is through the head. Wear gloves or mittens (mittens are usually better for those susceptible to cold hands). Wear sun protection. The sun reflects off the snow and is stronger than you think, even on cloudy days!

### **Always wear eye protection.**

Have sunglasses and goggles with you. Skiing and snowboarding are a lot more fun when you can see.

### **When buying skiwear, look for fabric that is water and wind-resistant.**

Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and drawstrings that can be adjusted for comfort and keep wind out. Be sure to buy quality clothing products.

### **Never ski in the woods alone.**

Always have a partner and be sure to stay within visual range of each other.

### **Never ski in out-of-bounds or closed areas.**

### **Be "woods-wise."**

Understand the hidden dangers of tree-skiing— deep snow pockets, hidden undergrowth, stumps and rocks can all be dangerous.

### **Always ski in control.**

Use caution.

### **Know your limits.**

Learn to ski and snowboard smoothly--and in control. Stop before you become fatigued and, most of all have fun.