

Safety, Health & Fitness—

Avoiding Sore Muscles

Many skiers assume sore muscles are part of skiing. But muscle strain doesn't need to be part of your ski vacation.

An essential part of avoiding muscle strain is to make sure you warm up and stretch your muscles gently before you undertake any strenuous activity. Light stretching after you have exercised will also help prevent muscle soreness setting in.

During exercise our demands for oxygen go up causing us to generate more damaging free radical molecules than normal. The effect of free radicals is to cause our muscles to feel sore and achy a day or so after exercise.

Antioxidant nutrients such as vitamin C and bioflavonoids may help offset the damage that muscles endure during exercise. Taken on a regular basis these nutrients reduce the incidence of sports injuries and shorten the time it takes to recover from a muscle injury. Take 1000 mg (milligrams) of vitamin C and bioflavonoids, 2-3 times a day.

But of course, the best way to avoid those sore muscles is to get in shape before you go skiing. Skiing to get in shape is never a good idea.

Ski Pass Insurance—

Many skiers are now taking out SkierGuard insurance for their Season Pass. There are a number of resorts in Colorado that allow you to buy insurance at the same time you purchase your pass. And you can send for insurance at a later date. Insurance will cost you 6 percent the price of your pass.

There are three benefits to the SkierGuard insurance policy

- o A partial refund if you can't use the rest of your ski pass because you are injured.
- o \$15,000 worth of coverage for emergency evacuation off the ski slope to the nearest adequate medical facility.
- o \$10,000 for accidental death or dismemberment.

Information available at 800-624-0039 or www.skierguard.com.