

Safety, Health & Fitness—

Putting on Skis in Powder—

Putting your skis on in powder or on a steep slope isn't easy. Here's a tip for getting them on anytime, anyplace.

First, lay your skis across the hill. Stand on the downhill side of them with your body facing the direction of their tips.

Balancing with your poles, cross your downhill foot over your uphill foot and scrape the snow off your boot on the toe piece of your downhill ski's binding. Snap your boot into the downhill ski.

After that foot is secure, scrape the snow off your other boot and put it in the uphill ski binding.

One-Leg Standing Exercise—

Hold on to a chair, table, or wall with one hand. Stand on one leg with your knee bent approximately 30 degrees so you can't see your toes under your forward bent knee. Hold this position without moving for approximately 15-30 seconds at first. Gradually increase the time 5-15 seconds every few days, until you can hold the position for 2 minutes. Repeat this exercise at least 3 times per day on each leg.

The benefit of this exercise is the strengthening of your quadriceps— one of the most active muscles used in skiing and snowboarding. The one that burns sometimes halfway down a long run down the mountain.

In addition, you are establishing good muscle memory by reinforcing a forward flexed position, similar to the one in skiing & snowboarding.

Understanding Sunscreens—

Are you having trouble understanding which sunscreen to buy? It's important to understand that sunscreen and sunblock can be equally effective, but neither offers complete protection.

- SUNSCREEN chemically absorbs UV rays (as with the active ingredient avobenzone).
- SUNBLOCK physically deflects UV rays (as with titanium dioxide). A new FDA regulation has eliminated the use of the word "block" from sun-safety products. The term is misleading since nothing truly blocks or absorbs all UV rays.
- SPF or Sun Protection Factor is calculated by comparing the amount of time it takes to produce a sunburn on protected vs. unprotected skin.

For example, a person wearing SPF 15 will take 15 times longer to burn. An SPF of 30 means 97% of sunburning rays are absorbed or deflected. An SPF of 2 means 50% absorption or deflection.

SPF only measures protection from UVB rays and the low end of the UVA spectrum. There is no official standard that measures protection against all UVA rays.

- UV or Ultraviolet rays are a stream of invisible high-energy rays from the sun.
 - UVB or Ultraviolet B rays are associated with sunburn and they do not penetrate glass.
 - UVA or Ultraviolet A rays are associated with cell damage because they penetrate beyond the top layer of skin, as well as through glass.
- BROAD-SPECTRUM protects from the full spectrum of UVB and some UVA.