

YOGA for cyclists & skiers

Four Yoga Moves for a Pain-Free Spine

You expect sore quads, calves, and glutes after copious saddle time. But according to a study in the American Journal of Sports Medicine, back pain is the most common overuse injury reported by cyclists.

Even if you don't pin on a race number every weekend, simple yoga-based stretches align your spine; relieve back, neck, and shoulder pain; and create flexibility in your upper body.

Do this sequence two or three times a week to keep your back going strong.

Tilt and Hold



Sit up tall in a chair with your back straight and your feet flat on the floor. Bend your head and neck forward as far as possible, keeping your shoulders down. Lace your fingers together behind your head, elbows out to the sides, and press gently on the back of your head. Hold for eight deep breaths, then release. Repeat three times.

Eagle Arm Pose



Stay seated and extend your arms in front of you at shoulder level. Cross your left arm over your right, raise your forearms perpendicular to the floor, and twist your palms inward until they touch. Inhale and raise your arms slightly; exhale and lower. That's one rep. Do five; unwind, switch arms and repeat.

Spinal Twist



Sit on a mat and place your right foot on the floor outside your left knee. Slide your left foot back, tucking it under your right thigh. Inhale, lift your left arm overhead, then lower your

elbow to the outside of your right knee. Place your right hand on the floor behind you; exhale and twist to the right. Hold for five breaths; then repeat on the other side.

Cat-Cow



Start on all fours, back flat, eyes focused on the floor. Inhale. As you exhale, round your spine like a cat, drop your head, and tuck your chin toward your chest. Inhale, then arch your back toward the floor, lifting your hips, tailbone and chest toward the ceiling, directing your gaze upward. Exhale as you return to cat pose. Do the sequence 10 times. ♦

boat SAFETY

Carbon Monoxide

"Teak surfing" or being dragged closely behind a boat is illegal and can be deadly! Those being dragged can inhale the colorless, odorless, tasteless and DEADLY gas called Carbon Monoxide. Avoid the death zones!

Swimming near or under the back deck or swim platform while the motor is running is dangerous. You can inhale Carbon Monoxide.

Did you know that all boats need to display a Carbon Monoxide safety

sticker on their boat? You can obtain the sticker from the California Department of Boating and Waterways.

Drinking

Bring your life jacket, but leave the alcohol at home. The side effects of alcohol – impaired judgment, reduced balance, poor coordination – can be magnified by the boating environment.

Designating a driver is not enough on boats. Drunken passengers on boats can easily fall overboard, swim near the propeller or cause loading problems by leaning over the side or standing up in small vessels, causing vessels to capsize. If you do drink, wear a life jacket. ♦