Britains 1.26m snow sports enthusiasts urged to get ski-fit!

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Around 1.26 million Brits take winter sports holidays; however, accidents are common, and are often caused by inadequate fitness training. A survey of European ski instructors (ref 1) suggests that skiers and snowboarders are most likely to be the victim of an accident late in the afternoon on an overcrowded blue run, where accidents are twice as likely to occur.

The biggest cause of ski accidents is anecdotally thought to be people pushing themselves beyond their abilities, followed by fatigue. The International Society for Skiing Safety states that common ski injuries include knee injuries, ligament sprains and joint injuries.

As many travelers are ill-prepared when they take to the slopes, expert Skier Conor Norton, of Ski Meribel, the UKâ€™s leading luxury sleeper coach service to the French Alps, has the following advice:

â€œOnce on the slopes, warm up and down thoroughly by spending a few minutes stretching your hamstrings, thigh muscles and calves,â€• he advises. â€œAlso, before you travel, spend some time preparing for your ski trip with targeted exercise. Cardio work is great for endurance, as tiredness can result in injuries on the slopes; resistance training can be very useful, but be sure to focus on strength work relative to the type of skiing or snowboarding you are doing. Include balance and mobility work in your fitness regime, as this boosts core strength, posture and coordination. Always speak to a fitness expert and seek medical advice if required; plan ahead to get ski-fit, and your ski holiday will be a success,â€• concludes Conor, who will be traveling to the Meribel region of France every week throughout the season, with the Ski Meribel overnight sleeper coach.*

Ski Meribel is the secret to gaining eight daysâ€™ skiing on the slopes. Guests travelling to France from the UK on a Friday afternoon arrive fully rested at their hotel in time for skiing on Saturday morning, ready to hit the piste on the quietest day of the week. At the end of the week, while their peers catch an early flight home, Ski Meribel users can hit the slopes for an extra, eighth dayâ€™s skiing. Accommodation in the region may also be booked through the company.Â

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Hereâ€™s how to get in touch:Â

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Ref 1 â€“ source = insureandgo.com

* this information does not constitute
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