



## Preparing for a fun first day

By Sam Morishima  
Contributing Editor

Are you ready for the snow? Here are some tips for a fun first day.

Be and stay healthy. Why? For two good reasons: Skiing and snowboarding can be strenuous, and second, the altitude and weather can get to you.

Skiing and snowboarding are acute balance sports requiring specialized movements. The best approach is to develop good core balance and to learn to ski and board efficiently. Using more feet and ankle muscles with body positioning rather than twisting and pumping your body will result in smoother skiing and boarding and less expenditure of energy.

This will minimize the use of large muscle groups that cause you to muscle your way through skiing and snowboarding.

By balancing better and using feet and ankle movement will allow you to ride the skis and boards almost effortlessly.

You can improve your balance at home by just

balancing on one leg and trying to relax your feet and ankles.

Once you establish a good sense of balance then building stamina in your muscles with such exercises as hopping over a stack of books or squatting puts the final touches to getting your ski and snowboard body ready.

To help you acclimatize to the altitude with its less dense air you need to be rested up.

Get a good nights rest prior to heading up the mountains.

Once in the mountains begin your sport activity slowly. Remember, your body is trying to adapt to the lack of oxygen.

Because of the oxygen starvation occurring, your heart is already compensating by pumping harder and faster.

On the tissue level your cells are trying to adapt by increasing their respiration activity and fluid loss is increased. So drink plenty of water and take antioxidants like vitamin C rich foods.

Antioxidant vitamin supplement (vitamin C, vitamin E, and lipoic acid) have shown to significantly improve symptoms of altitude sickness.

Eating carbohydrates for energy might be a good thing as well, minimizing the chance

for hypothermia.

Things you should avoid are caffeine, alcohol, and nicotine.

Such chemicals cause dehydration and vasodilation increasing the loss of heat from your body.

Protect yourself with sun block. The sun's ultraviolet rays are responsible for sunburn reactions with some UV rays (UVB) having a major role in causing skin cancer as well as other UV rays (UVA) going deep into the skin resulting in pre-mature skin aging changes such as wrinkle formation.

Just to let you know, the SPF ratings are ratings that apply only to the UVB rays that cause the cancer and not the deep penetrating UVA rays that can cause pre-mature aging.

SPF 15 sunscreen blocks 92% of UVB rays and SPF 30 sunscreen blocks 96% of UVB rays.

The effectiveness of the sunscreen depends upon the amount applied to the skin.

Most people do not apply enough therefore cutting down the effectiveness of the SPF 30 to a reality level of SPF 7 to 15.

So follow directions on how much to apply to utilize the maximum capability of the sunscreen.

If you don't want to prematurely wrinkle like a prune, look for a broad-spectrum sunscreen that contains agents that effectively block the UVB and UVA rays.

I've heard that the broadest protection are sunscreens with SPF 30 or greater with added

UVA blockers such as titanium dioxide, zinc oxide, Parsol 1789 Avobenzone) and Mexoryl-Sx.

But do some research of your own - don't just take my word for it.

Hey, if you ever find a sunscreen that is broad-spectrum that has a high SPF rating, doesn't sting the eyes, stable, water-resistant, is well tolerated, non-toxic, cosmetically nice and inexpensive, let us know.

Next, protect your eyes. We spoke of UVB rays - the

ones that burn the skin - and they are the ones that can damage the eyes.

Combined with cold wind and reflection off the snow, UVB has the potential to cause snow blindness (photo-keratitis), a temporary blindness lasting 12 to 48 hours with very painful problems with the cornea of the eye.

Regarding the UVA rays - current research says they are primarily absorbed within the lens of the human eye - but who knows what the future studies

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Regina Doremus, CMT

Regina Doremus, Owner, hopes you will take some time to start a healthier life and visit her SPA soon!

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