

The best way to begin ski and snowboard season: The 'Bumps for Boomers Ski and Ride Exercise Series'

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SKIING AND SNOWBOARDING

The 2009-10 ski and snowboard season is off to a schussing start. But before you literally go head over heels for the downhill sport, perhaps the best way you can guarantee smooth sailing through moguls and halfpipes is to begin a pre-season exercise program right now.

Here's how.

According to the American Academy of Orthopedic Surgeons, skiing is at the top of the list for sports-related injuries, totaling more than \$5.57 billion in annual costs. Because skiing and snowboarding are high-activity sports, they can lead to injury without proper "off-snow"

conditioning.

Enter the Aspen Skiing Company with its popular Bumps for Boomers Ski and Ride Exercise Series.

Originally designed as a pre-ski conditioning program for Baby Boomers, the Bumps for Boomers series was adopted by the ski company as the official ski conditioning program for Aspen's 2,000 ski and snowboard instructors, ski patrollers and lift operators. Aspen Skiing Company operates the award-winning ski and snowboard schools of Aspen/Snowmass out in Colorado.

The Bumps for Boomers Ski and Ride Exercise Series was developed by Bill Fabrocini, a world-class Aspen, Co., physical therapist and personal trainer. It is designed to strengthen the body and build physical stamina in preparation for hitting the slopes. Initially created for the unique needs of aging Baby Boomers, the exercise series was expanded to the three-phase conditioning program encompassing the needs of professional and recreational skiers and snowboarders.

"Regardless of ability level, people too often make the mistake of assuming they can ski or snowboard themselves into shape," Fabrocini says. "Skiing and snowboarding are demanding activities, so off-snow conditioning should be done to reduce physical fatigue and minimize injury."

And now's the perfect time to get into shape – before the season shifts into high gear. The free online Ski and Ride Exercise Series includes a self-screening test so you can evaluate your physical condition, a daily warm-up regimen, and a sequence of videos focused on exercises demonstrated by Fabrocini that target upper body, core and lower body. A booklet accompanying the video series illustrates each exercise and provides guidelines for how to properly perform movements.

Interested? Here's more good news. You can download both the Ski and Ride Exercise videos and booklet for free at bumpsforboomers.com.

"Many older skiers face physical challenges as they age, so skiing can become an intimidating activity," says Joe Nevin, who founded the Bumps for Boomers program. "This exercise series teaches Boomer skiers the conditioning and skills needed to confidently ski powder and mogul runs."

Adds Fabrocini: "Many Boomer skiers who incorporate the Ski and Ride Exercise Series into their conditioning regimen actually increase their athletic endurance, which enables them to achieve peak performance when skiing or snowboarding."

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