



## PRESS RELEASE



# STAY STRONG ON THE SLOPES

Fitness and nutrition tips  
from Powder White to  
maximise time on the pistes  
this season



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Regardless of skiing ability, there are several elements that will affect performance on the slopes, as the body adjusts to different climates, altitudes and exercise intensity levels. The average skier burns up to 3,000 calories during six hours of skiing and can lose up to five pounds of weight in a week.

There are easy changes that can be incorporated into a daily routine prior to and during a ski trip to ensure performance and recovery during the trip are maximised. With the ski season just around the corner, Fraser Ewart-White, Director of Powder White an independent ski tour operator, shares his top tips on how to stay energised on the slopes.

### **Build fitness ahead of your trip**

Try and build up a cardio routine in the run up to your holiday. Attempt some type of exercise three times a week for a minimum of 30 minutes each day. Cycling is one of the best exercises, as it engages the same muscles used for skiing and boarding. A cross-trainer, available in most gyms, is also a great option. Focus on building core strength and endurance with squats, lunges and planks.

### **Fuel up**

Skiing can be a challenging and tiring sport, so it's really important to start the day with a nutritious and energy filled breakfast. Most catered chalets offer guests hearty breakfast options such as freshly prepared eggs and bacon. The protein and fat in eggs takes longer to digest than carbs, releasing energy slowly throughout the morning, keeping rumbling tummies at bay.

### **Stay hydrated**

Dehydration is accelerated at altitude compared to at sea level. It's important to drink plenty of fluids throughout the day whilst skiing, which will help to combat headaches and fatigue. This also helps control calories, energise muscles and keeps skin looking great. Keep in mind that alcohol can hinder your performance on the slopes and can also contribute to dehydration. Try and limit après ski to a few drinks (we know it's hard!).

### **Take a lunch break**

A lunch break is essential and a great opportunity to take selfies against the stunning scenery backdrops. Try to avoid heavy, greasy meals such as burgers and fries. Opt for something healthy that will provide protein and replenish lost carbohydrates. A protein bar is an effective (and portable) solution to mid-afternoon dipping energy levels. Once back at the chalet, canapés make a great start to any evening and are a good pick-me up after a hard day on the slopes. Powder White offers guests a range of healthy canapés to choose from such as smoked salmon blinis, before a three-course home cooked dinner.

### **Know your limits**

Many injuries occur towards the end of the day, when tiredness sets in and the snow becomes slushy and the light can get flat. Start and end the day on slightly gentler slopes, this will act as a warm up and warm down period. Once back at the chalet stretch out your quads, hips, and hamstrings to keep your muscles supple and ready for the next day. For real indulgence a massage from the comfort of the chalet will do wonders.

This season Powder White has introduced a new package, perfect for those who want to maximise their time on the slopes. The **Powder White Complete** package will transform a skiing amateur into a pro as they take on the extreme challenges of the slopes. The package is available in Meribel and offers five three-hour specific ski skill sessions. This includes everything from learning how to complete the perfect carve turn, to learning the Winter Olympic sport of mogul skiing as well as off-piste skiing, freestyle in the park and taking on cross-country skiing. The package costs £949 per person and includes seven-nights in a fully-catered chalet in Meribel, advanced ski hire only (not including ski boots or helmet) for six days, Three Valley Ski Passes for six days, and five three-hour sessions.

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