

SKI FIT **WEEK 1**

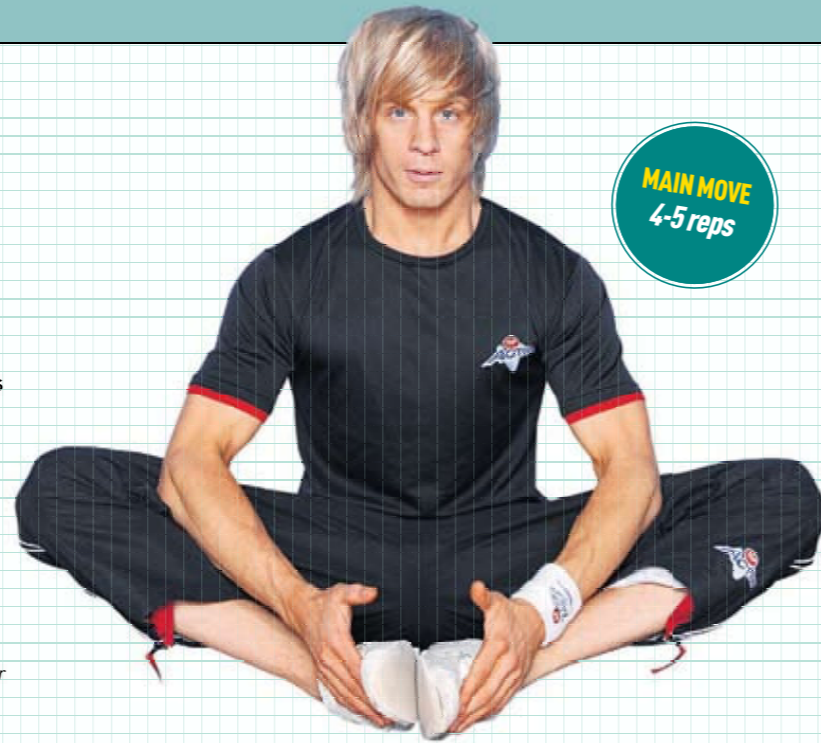
READY, SET, SKI

Prepare yourself for skiing, snowboarding or however else you wish to navigate your way down an icy slope this winter with *Sport's* four-week plan for getting fit for winter sports... ps. a light, pre-stretch jog is advisable

GROIN STRETCH

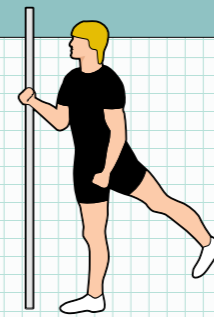
- Sit on the floor with the soles of your feet together, your back straight and your elbows inside your knees.
- Slowly push down on the inside of your knees with your elbows, leaning your upper body forward and bending from the hips.
- If you don't feel a stretch in the groin, keep your knees further down towards the floor and bring your heels closer to your bottom.
- Hold for 15 to 20 seconds.
- To isolate one side of the groin more, push the knee down with your hand while you lean forward.

Erik Solang (right) is fitness manager at Virgin Active Islington – www.virginactive.co.uk



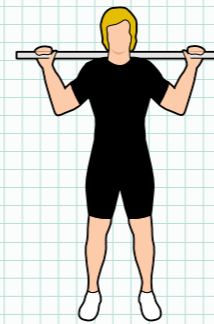
LEG SWINGS

- Your hip flexors and extensors benefit from this stretch. Keep your legs straight, with your knees unlocked. Start with small swings, gradually increasing the range of motion.
- Move from the hips, keeping your pelvis still and your lower back straight. If you are stiff in the hip area, do smaller swings.
- Keep your chest up, your shoulder blades back and down, and look forward. Don't arch your lower back.



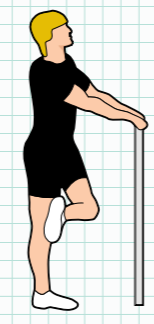
SIDE BENDS

- Stand with your feet shoulder-width apart.
- Holding a straight bar or broom handle across your shoulders and with torso straight, lean to one side and hold for two seconds.
- Then lean to the other side and hold.
- Do 10 both sides.



SQUAT STRETCH

- Hold on to the back of a chair and place your left foot on your right thigh. Squat, keeping back straight – and don't extend your knee beyond your toes.
- Hold for five to 10 seconds, then repeat with the other leg.



THE DIET TIP

FEED YOUR NERVES



Calcium is essential for nerve and muscle function, as well as for strong bones. Include semi-skimmed milk and low-fat yoghurt in your daily diet. Cheese tends to have a higher fat content, so grate rather than slice! Other sources include canned sardines, pilchards (you need to eat the bones), baked beans and white bread.

JANE GRIFFIN is a sports nutritionist – www.eatwellperformbetter.co.uk

THE FIT TIP

SWING LOW



When performing swinging and/or circling movements during your warm-up, it's vital to control the momentum because this will reduce the risk of injury. More importantly, though, ensure your target muscles are performing the task – they should increase in both temperature and elasticity as a result.

DEAN HODGKIN is Ragdale Hall's fitness expert – www.deanhodgkin.com

● NEXT WEEK GET FIT FOR WINTER SPORTS WEEK 2



Dragged yourself through training on another Wednesday night. Ran shuttles in the rain. Squeezed out hundreds of sit-ups and dribbled round tons of cones. Sprinted after mistimed volleys and had the ball whacked at cold, wet legs. It's hard work staying healthy.

New TAUT ISOTONIC is a sports drink made with natural ingredients that give your body the perfect balance of energy and rehydration, without any of the artificial stuff.

TAUT Keep up the good work