



### Take a few sensible steps and make the most of your ski trip

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Perfect snow, gorgeous weather and great equipment but what a shame to find that after a day on the slopes every inch of your body aches and your feet hurt. Rather than relying on alcohol to numb the pain, take action a few weeks before you go and truly enjoy your holiday.

First, aim to get fit before you go! Running and cycling are great ways to build stamina, and pre-ski exercise classes help you strengthen key muscles. Sign up for **Get Fit For Skiing Circuits** to help get the best out of your trip. You should ideally do 8 classes over 4 weeks but you can also plan one a week. Make sure you start 6-8 weeks before your holiday!

Second, check that you are wearing the right ski boots and that they fit correctly. So many ski trips are ruined by aching feet. A good excuse to retreat early to the bar perhaps, but not conducive to a good ski holiday! A podiatrist can assess the fit of your current ski boots or give advice on buying new ones. This ensures they provide optimum support and enhance foot function, whether you are a beginner or an elite level skier.

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