



OH, A SKIING HOLIDAY!

Gliding down the mountain all day, sun on your face and then après-ski drinks and dinner. Stretching? Who has time for that? Yet a few

simple stretches after a day on the slopes can boost your recovery and performance, and help keep you injury-free.

After the last run of the day, hit the shower to keep muscles warm. Then take a few minutes to perform the following stretches, which can be done beside a sofa or bed in your hotel/chalet room. They will have the added benefit of enhancing your posture after all your forward leaning while skiing. Each position should be held for a minute on each side. Stretching can be intense but should never be painful. Breathe easily and deeply at a pace that's comfortable for you...



HIP FLEXOR STRETCH

POSITION Bend right leg and rest shin on the bed/sofa – with left foot on the floor, knee bent slightly. Stand up tall, pull shoulder blades down and back, engage your abs and have palms and eyes facing forward. To achieve more of a stretch move the left foot farther out from bed/sofa – this opens up the hips.

Hold, then repeat on other leg.

STRETCH BEFORE YOU APRÈS-SKI!

Top personal fitness instructor **Charlene Hutsebaut** says a few stretches after a day on the slopes will help you stay fit and injury-free

GOOD FOR
Hips,
glutes and
lower back.



BACK & HIP STRETCH

POSITION Lie on your back on the bed or floor, with knees bent and feet on the floor. Cross right thigh over the left. Let both legs fall slowly to the left, keeping shoulders on the floor.

Switch legs and tilt to the right.

POSITION Extend one leg up in front of you and place on the edge of the bed/sofa. Stand up tall, pull shoulder blades down and back, engage your abs and have palms facing forward.

Lean forward from the hips, keeping a good posture position (think length across the collarbones) and straight knee joints (bend a little, if this giggles).

Hold, then switch legs.



HAMSTRING STRETCH

ILLUSTRATIONS **MAX SAVVA**

Holiday fitness

POSITION Bend one knee and place outside of foot onto bed/sofa. Stand up tall, pull shoulder blades down and back, engage your abs and put hands on hips, then

gently lean forward from the hips. If you feel confident with your balance on one leg then face palms forward.

Hold, then repeat on other leg.

HIP STRETCH



QUAD STRETCH



POSITION Stand near the back of the sofa or close to a wall for support. Take your right arm behind you, bend your right knee and grab the right foot with the right hand, keeping the thighs close together. Keep shoulders down, away from ears, with abs gently contracting.

Hold, then repeat with other leg.

BONUS For added balance work, take your hand away from the sofa/wall. This is wonderful work for those with ankle, knee or hip issues. And for those times you go onto one ski!

CAT

STRETCH



POSITION Come on to all fours either on the bed/sofa or on a mat or cushions on the floor. Start with a neutral spine position, with shoulders away from your ears (see 1), and breathe in. Breathe out as you slowly arch your back up, like a cat (see 2), contracting your abs as you go. Adding a pelvic

floor squeeze here helps to knit the torso muscles together, as you stretch the length of the back. Breathe in and gently return to the neutral start position.

Repeat 15 times – breathing deeply and slowly.

