



ALPINE SKIING

Fitness Benefits and/or Muscles Used

- Downhill skiing is an excellent form of aerobic exercise, enabling skiers to raise and maintain their heart rates for at least 15 minutes.
- Skiing is also an anaerobic exercise that increases strength and ability to sustain short bursts of exertion. Skiing bumps and short-radius turns all rely on power and stamina.
- Skiing relies on coordination, balance and flexibility, benefits that allow for a more dynamic range of motion and ultimately, a better technique.
- Downhill skiing works the leg muscles, especially hamstrings and quadriceps.
- Abdominal muscles are used to control body posture during each run, ultimately making them stronger.
- The triceps are used for accurate and strong poling maneuvers, conditioning these muscles over time for greater fitness.

Calories Burned

Adults*

Children**

Activity	Calories burned/hr	Weight	Calories burned/hr	Weight
Skiing downhill, light effort	295 calories/hr	130 lbs	151 calories/hr	70 lbs
	352 calories/hr	155 lbs	189 calories/hr	90 lbs
	431 calories/hr	190 lbs	236 calories/hr	110 lbs
Skiing downhill, moderate effort	354calories/hr	130 lbs	181calories/hr	70 lbs
	422 calories/hr	155 lbs	226 calories/hr	90 lbs
	518 calories/hr	190 lbs	283 calories/hr	110 lbs
Skiing downhill, vigorous effort	472 calories/hour	130 lbs	242 calories/hr	70 lbs
	563 calories/hour	155 lbs	302 calories/hr	90 lbs
	690 calories/hour	190 lbs	377 calories/hr	110 lbs

*www.nutristrategy.com **calculations are estimates based on consultation with American College of Sports Medicine