

# Skiing a way to coast to cardiovascular health

There's nothing more thrilling to Ed Rogers than coasting down a mountainside at top speed while balanced on a pair of skis.

"What's really great is the challenge of trying to go faster and push the limits of what I can safely do," said Mr. Rogers, the 25-year-old director of youth ministry at St. Pius X in Rodgers Forge.

"Being outdoors puts you in touch with reality," he said. "It helps inspire you in remembering the majesty of God. It reminds you that God made everywhere that you are and that he designed the world to be a joyful place."

Mr. Rogers, who helps coordinate an annual ski trip for his parish at Ski Roundtop in Pennsylvania, lauds the sport as a great form of exercise.

"It's definitely a workout - especially for the legs," he said. "It works the quad muscles and it's very cardiovascular. It gets you breathing hard and your legs are burning by the end of the day."

Comparing skiing to hiking, Mr. Rogers said the sport is an "all-day" form of exercise.

"What's nice about it is that you see the entire age spectrum," he said. "The little kids are out there and older people are, too."

Mr. Rogers has been skiing since his college years and hits the slopes once or twice a year. Renting ski equipment typically costs about \$70 a day, he said.

The National Safety Council recommends that beginning skiers receive training from a certified instructor before attempting the sport. Because skiing is very aerobic, the council also advises participants to exercise well in advance of their skiing session to reduce fatigue and avoid injury. One of the most important skills to master is learning how to fall down and get back up.

“You have to try to keep your falls under control so you don’t wipe out,” Mr. Rogers said.

For those trying skiing for the first time, Mr. Rogers said it’s important to “take it slow and enjoy it.”

“Try not to do too much all at once,” he said.

Places to hit the slopes

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