



# pre-ski package

Get a head start and hit  
the slopes running...



# Feel on top for your next ski holiday

The Pre-Ski Programme is an individualized programme for the development of physical fitness, strength and flexibility to help you get ready for the slopes this season.

## Why the need?

Skiing and snowboarding are particularly physically demanding sports. The variable duration of the ski season means that people tend to do enter the season with loads of enthusiasm but very little physical preparation. Some of our patients find out the hard way that they weren't ready for the rigors of those ski weekends and holidays.

## What does the programme include?

- ✓ Pre-Ski is a 12-week programme.
- ✓ A personalised aerobic fitness and pacing programme.
- ✓ Strengthening of the lower limbs, pelvis and back.
- ✓ Flexibility of the lower limbs and back.
- ✓ Balance and proprioception training.
- ✓ Injury prevention.
- ✓ Injury management (if you are injured).

## What's the outcome?

- ✓ Improved aerobic fitness.
- ✓ Improved strength and stability.
- ✓ Decreased risk of injury.
- ✓ Better energy levels to enjoy the day and the après ski.
- ✓ Improved coordination and improvement in your overall ski ability.