

# Skiing Basics : Skiing For Fun And Fitness

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For some of us winter conjures up images of apples, popcorn and hot chocolate served up in front of a roaring fireplace and that white stuff out the window can stay right where it is. The flip side to that idyllic picture are the hardier souls who keep checking The Weather Channel to find out when and where the best snow will be falling. If you are amongst the former group and have always wondered about the sport of skiing then youre in the right place. Theres more than one reason why so skiing has become such a wonderful activity. Not only does it get us off of our collective derrieres its fun AND good for you too! Yep, who would have thunk it? If youve ever considered taking up skiing or even if youre a beginning skier theres something for everybody in Skiing for Fun and Fitness. What you need is a little education. Its not that difficult to learn how to ski. Just about anyone can learn the basics and you can get started right away! Before you know it youll be hitting the bunny slopes and graduating on to bigger and better slopes. Now, we dont profess that Skiing for Fun and Fitness will prepare you for Olympic competition but it will certainly give you and your family all the information you need to get started! Heres a sample of whats inside the digital pages of Skiing for Fun and Fitness: Basics for Beginners About basic position Walking and gliding How to turn in place What is schussing What is sidestepping The Right Skis Cross Country Downhill Boots and Bindings Grips and Poles Cross Country Skiing - Part 1 Should you take lessons Diagonal stride Skiing without poles Glide Using the poles Double polling Cross Country Skiing - Part 2 Skiing uphill Herringbone Sidestepping Traverse and traverse sidestep Kick turn Cross Country Skiing - Part 3 Downhill stance Snowplow or wedge Waterglass Step turn Sideslip Tuck Cross Country Skiing - Part 4 Back country skiing Trail skiing Steep slopes Deep powder Skiing with a backpack Overnight packs Hut skiing And that is just scratching the surface. We havent even begun to touch on Downhill Skiing, Racing and more! For those folks who do not have a clue about the difference between schussing and sidestepping and really have a need to know, then Skiing for Fun and Fitness is the perfect learning guide. The section about family skiing is especially significant. Skiing is the perfect past time for people who are desirous of creating a closer family experience. Theres no better way to do just that while having great fun and improving fitness for the entire family! Dont wait another minute. Grab your copy of Skiing

for Fun and Fitness and start planning your first family fun outing!

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