

## Common sense can help prevent accidents on the slopes

A few ounces of prevention namely, a helmet can go a long way when trying to avoid skiing and snowboarding injuries on the slopes.

Less than two weeks ago a North Brunswick man suffered serious injuries, including a concussion, following a snowboarding accident at Mountain Creek Ski Resort in Vernon.

According to police, he overshot a snowboarding jump, landing on the left side of his head and shoulder. He was not wearing a helmet at the time of the accident and was unconscious at the scene, according to police.

The man was hospitalized for nearly two weeks because of his injuries.

Most of the skiing and snowboarding accidents at the resort, however, aren't as serious, said Shannon McSweeney, communications manager.

She said the majority of skiing injuries are minor and usually involve ankle and knee strains and sprains. For snowboarders, injuries to the hand, wrist and head are common.

Kendall Kless, public relations spokeswoman for Hidden Valley Ski Club in Vernon, said the most serious injury at the resort this year was a skier with a broken femur.

State law does not mandate that skiers and snowboarders wear helmets at the resort, McSweeney said, "but as an industry, we strongly recommend them."

Paramedics called to the scene of an accident make the decision whether to have an injured skier or snowboarder airlifted out. Benjamin Martin, a spokesman for St. Clare's Medical Center, said their ambulance service makes an average of 360 calls per season at Mountain Creek. McSweeney said many times people have to be airlifted because the closest trauma center is in Morristown.

In the 30 years Mountain Creek has been operating, McSweeney said, there have been at least two fatalities. There haven't been any in the last four years. Because of the size of the resort, McSweeney said, serious accidents are few and far between. But, she added, it's the nature of the sport, and injuries can occur.

McSweeney said helmets are required for anyone participating in moves that involve flipping upside down and for all children in their Kids Kamp program.

There are nearly 350 helmets available at Mountain Creek's rental shop and they are also available for sale in retail stores at the resort.

McSweeney said some skiers and snowboarders who wear helmets get a false sense of security and take more risks.

At Hidden Valley Ski Club in Vernon, the decision to wear a helmet is a personal choice, said Kless.

Dr. Marie Margiotti, a member of the Newton Memorial Hospital Medical & Surgical Specialty Group and a fellow of the American Academy of Orthopedic Surgery for more than 25 years, said the most common ski and snowboarding injuries are those centered around the knee, including damaged ligaments and fractures.

But, she said, it's not uncommon to see dehydration and head trauma as well.

Margiotti said, according to the American Academy of Orthopedic Surgeons Association, the number of skiing and snowboarding deaths due to head injuries have come down, but the total amount of overall deaths have not declined.

The AAOS Web site states that each year 20 to 30 deaths result from downhill skiing accidents in the United States and that fatalities are more likely to occur in experienced skiers, suggesting that speed is an important factor.

The increase in the amount of head injuries is most likely due to the improvement in equipment and continued slope maintenance, which allows for greater speed, the site said.

Another common injury is "skiers thumb," which occurs when the ligament at the base of the thumb is pulled on and torn by bands of the ski poles during a fall. Depending on the severity of the tear, surgery or a cast may be required.

Before the development of bindings that snap free during a fall, Margiotti said, most skiers suffered from ankle injuries. "Learn to fall if you're going to ski. Many injuries are caused by not falling the right way."

One of the first things skiers and snowboarders are taught when taking lessons is how to fall, McSweeney said. "Learning how to fall also gives participants comfort to bail out of a situation if they need to."

Margiotti said it is important that all skiers and snowboarders have the proper equipment that is suitable for them.

"If you rent or borrow the equipment, make sure the bindings work."

Skiing and snowboarding falls can result in more serious injuries from tibia-fibia fractures, shoulder dislocations and fractured clavicles to paraplegia and quadriplegia.

Margiotti said it is important to get oneself ready for the slopes in advance. "You can't just pick up and go skiing. You need to build muscle stability in the upper and lower extremities."

According to the National Safety Council, a regular routine of exercise is recommended to strengthen muscles that will be used more than usual.

"Don't push the limits, and don't take a dare. Take lessons before you go. You have to know the equipment and make sure the bindings work," Margiotti said.

Kless said skiers and snowboarders need to use common sense and should not try to tackle slopes they're not ready for.

And, she added, "they need to be on current equipment that's properly maintained."

The NSC recommends that beginning skiers and snowboarders get proper instruction from a certified instructor before hitting the slopes. Among other basic skills, it is necessary to know how to fall down and get back up.

Margiotti said it's important for parents to learn how to check equipment for their children.

"It's just like driving an automobile. You're not going to get in a car without brakes. Don't use ski equipment that's not safe."

You want to find ways of staying healthy? Different forms of fitness movement have different effects: Some can improve flexibility, some will be able to increase muscle strength and toughness, some can enhance physical endurance, or to improve cardiovascular and respiratory efficiency.

Campaign familiar with the benefits we have, but how to maintain the habit of movement is being put forth. Unfortunately, very few people can continue their campaign plan; basement, recreation room, and garage sale, piling up everywhere expensive fitness bicycles, treadmills, rowing machines, and mostly no use, and even reduced to hanging clothes hangers. Only a movement will be far smaller than the real end stretching, running, weightlifting, swimming, or other routine campaign. Which sport best? You really will do that.

The question:

In order to be able to buy home exercise equipment movement, represents more than money around and intention to adjust lifestyle. United States Federal Trade Commission (Federal Trade Commission, FTC) suggested those who want to work hard movements, in the assessment of fitness equipment advertisements arguments, we should have good judgement. FTC before buying recommendations will be made as appropriate, the following issues:

What is your goal?

You want to keep fit, increase flexibility, enhance endurance, or to promote health? You should find your purpose in line with the curriculum.

Remember, health is the most advantageous way to all kinds of physical activity into their daily routines are.

Do you really will be to use exercise equipment?

Theoretically speaking, at home the campaign is a good idea. But if you do not often use sports equipment, the result will only burn a big hole in their wallets but not burning any calories. Before buying, you should first prove their fitness will certainly be able to continue to determine daily movement after the time set aside to purchase equipment.

Sports equipment can help you focus on weight loss?

Not. No specialized equipment to the combustion part of the regional body. To remove some stubborn curves or amend the hip, you need to combine prudent diet and regular movement affects the body. The reason is very simple: You eat things contain calories, and you will all move calorie consumption. Your weight is in accordance with the daily calorie intake and the extent to which use. Increase daily physical activity will burn extra calories.

Can you see through exaggerated rhetoric?

Regularity of movement can help you body shaper. But some companies boasted three times a week, every time they use the equipment as long as three to four minutes can be achieved good results. But the facts? Not?

How to see through unrealistic fantasies?

When you meet sports equipment manufacturers, can be seen through some of the following ways unrealistic illusions:

Simple and without any guarantee of energy are false advertising.

Many advertisers for their combustion heat hype, may be fictitious. In fact, some already have strong arguments for the athletes in terms of physique is true, but to others it may not be correct. Many other machines that can burn more than the rhetoric heat, it is difficult to assess, in particular you simply can not get their so-called scientific research. For these arguments, there are two principles apply: First, the movement to the main body or physical location of equipment, the burning heat than can only partial movement of goods, much to the second, the use of more equipment, burning the higher the heat. Therefore, choose their own way with the daily life of the equipment is very important. Research may show that certain equipment at a fixed time and burn more calories, but if used to be difficult or uncomfortable, and the results may only become dust rather than burning calories.

Do you read the document in detail goods?

You can find clues in the document, was to look at the effect of advertising, whether there are other conditions. Some propaganda materials necessary to be mentioned with a certain diet or courses. Even if there is no evidence to this point, you should also remember: diet and exercise combined effect of far more than their individual effects. Many advertisers will be published satisfied with the testimony of users, as well as use of the use of the photographs taken after the comparison. These stories may not be representative, effective and of a person, does not necessarily mean that you can also get the same results. Some customers, celebrity endorsement or sports stars, it does not mean that this equipment can also fit you.

Will the trial before buying?

Before the purchase of any equipment should first try. Wearing civilian clothes in the sports equipment on the campaign is to do a few minutes of no help. You should go to the nearest gym or leisure centres more try all kinds of equipment. Is a better way to the store wearing sportswear, and the equipment to finish a complete campaign.

Shop around you?

Before buying, and can refer to consumer magazines or fitness magazines, compare the sports equipment market prices. Many in the television or magazine advertisements equipment is also available at the local sporting goods stores, department stores or discount stores buy in, so you easier to find a good price. Some advertising advertised three payment methods, or as long as the \$ 49.94 per month, Do not be taken in by them. Before

buying any product, be sure to find out the total amount, including shipping and handling fees, taxes, delivery and additional price, and so on. You should first understand warranties, guarantees and return requirements on the details of mail order, if you need to refund payment equipment, then ensure that the refund within 30 days nothing remarkable. You should know what the company to provide customer service and support.

If the machinery or need to replace bad parts, the call to whom?

Try their list of free telephone answering it really was. Sometimes in the secondary store, Jimai shop, the family stockpile auction or local newspaper classified ads can be purchased in good fitness equipment. But carefully selected, mostly because second-hand goods No refunds will be no new product warranty conditions.

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## About the Author

From [www.njherald.com](http://www.njherald.com):

The staff at the Treadmill Outlet has over 15 years of exercise equipment sales experience. We look forward to being a part of your complete. Used equipment, used equipment leasing, used fitness equipment, used medical equipment, tanning equipment, medical equipment, lease used equipment.

Strength training, speed training, exercise equipment, agility ladder, resistance. Swiss balls and medicine balls are just a couple.

Remanufacture of used fitness equipment. Includes commercial strength treadmills, elliptical trainers, and stationary bikes. Also offering.

Package Deals on Exercise Equipment. If you are using the used fitness equipment for commercial use, its a must that you have it serviced.

From the largest club to a small, personal home gym. First Fitness is the right choice for all new, used and refurbished fitness.

Elliptical Trainers, Treadmills and other quality fitness equipment can be found at Gym Guru. Kids Fitness, Hydraulic Equipment, Crossfit, Used Equipment.

Savvy parents like you also know that we buy quality used fitness gear and exercise equipment, so bring in any and all of your quality.

Source: <http://www.productsherbal.com>