

PILATES FOR SNOWSHOEING

For those that hate the winter and feel like it drags on and on, getting out and enjoying the season is the best way to make it go by quicker. If you've never tried any winter sports or activities, snowshoeing is great winter activity to start off with. It's as easy as walking.

Snowshoes have been around for 6000 years and were one of the earliest forms of transportation. They are as easy to put on as shoes. They are highly manoeuvrable so you can go where cross country skiers and snowmobiles cannot. Anyone can snowshoe. The learning curve is small with no fancy techniques or theories to learn. Snowshoeing requires a modest level of physical effort and a desire to get out and enjoy the winter weather. Snowshoeing is great for a hike in the woods or for an overnight backpacking trip or alpine climb. It is a very inexpensive activity and great for all ages. So, very suitable for every body. Simplicity is the one of the biggest assets of this sport. They can be used in all types of snow conditions.

Some things you may not have known about snowshoeing:

- 46% of snowshoers are women
- 12% of snowshoers and children, 7-17 years old
- 55% of snowshoers are under the age of 45
- 1.4 million people identify themselves as snowshoers
- You burn 45% more calories snowshoeing than walking or running at the same speed.

The physical benefits of snowshoeing:

- Good sport for cross training.
- Low impact and safe
- Provides an aerobic workout combines with strength training and muscle endurance.
- Uses every major muscle group at a relatively high intensity for extended period of time
- Individuals that have substitutes snowshoeing for running during the winter actually improve their running fitness over those who chose to run as their primary source of winter training.
- The demands of snowshoeing can build endurance levels and strengthen quadriceps for runners.
- Muscles used for snowshoeing are similar to those used for walking and hiking hilly terrain. Hip flexors and quadriceps may get more exercise than usual walking due to the lifting motion of each step in snowshoeing.
- Climbing in snowshoes works the hip flexors and extensors, important muscles for cyclists.
- Using poles while snowshoeing gets the upper body moving, conditioning arms, shoulders and back muscles.

Muscles used in Snowshoeing

- Hip flexors
- Quadriceps
- Hamstrings
- Calves
- Glutes
- 'core' muscles (abdominals and back for balance and stability)
- Upper body when using poles (shoulders, arms, upper and mid back)

Pilates is a low impact way of conditioning and maintaining strength and flexibility for all activities including snowshoeing. The reformer provides a way to work the entire lower body in a low impact and dynamic way. This may be done standing, lying down and sitting all the while challenging the abdominal and back muscles to maintain stability in the pelvic region. The upper body may also be worked in Pilates both on and off the reformer. Matwork is great for working stabilizers, abdominals and back however this is all in a static setting. The reformer is great for working these same areas and more but in a dynamic setting making the circumstances under which these muscles must work more realistic to real life and in this case, snowshoeing.

To find out more how Pilates and Pilates Patio can help you enjoy your snowshoeing experience and winter activities more, please contact us at 613-422-3638 or lanipilatespatio.com



346 Richmond Road
Suite 205
Ottawa, ON, K2A 0E8
613-422-3638
lanipilatespatio.com
www.pilatespatio.com

