



**Cross Country
Ski Areas
Association**

NEWS FROM CCSAA

Cross Country Ski Areas Association
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FOR IMMEDIATE RELEASE

CROSS COUNTRY SKIING BURNS CALORIES

Fit or fat, nordic skiing is healthy winter activity

WINCHESTER, N.H. – Winter’s shorter days and cooler temperatures combined with holiday goodies and a seasonal surge in appetite can lead to weight gain. Exercise is crucial to avoid becoming victims of “America’s overweight epidemic”, as described by the U.S. Surgeon General. One outdoor recreation, cross country skiing, helps battle winter weight gain better than any other by incinerating more calories.

According to Dr. Julie Gerberding, director of the CDC, 65% of US citizens are overweight or obese. Americans consume calories at an ever - increasing rate while exercising less. Calories are convenient and cheap from fast food restaurants to processed foods in the grocery aisle. Opportunities for exercise disappear from daily life as technology advances. Families drive to work, school, and shopping. At work, all business is conducted by sitting at a desktop computer. Only 30% of people in the U.S. do any regular exercise.

Researchers have gleaned a set of principles common to successful dieters - those who have managed to take weight off and keep it off. Weight maintainers don’t diet without exercise, exercise enough to burn 2800 calories per week, eat low-fat diets, eat breakfast, monitor weight and adjust their plan as needed.

Cross country skiing burns an average of 650 calories per hour. For comparison, fitness cycling averages 540, exercise walking 450 calories and downhill skiing 520 per hour. (Larger people and /or more intensity burns more calories). Cross country skiing burns more calories because more muscles are working. It floods the body with a feeling of well being, greatly improving one’s mood. This feeling of well-being encourages people to ski again. The scenery changes every outing unlike a fitness center. Snow is soft, lessening impact on the joints. Cross country skiing can be done from age 5 to over age 80. Cross country skiing uses natural movements. It does not require special skills to get started and has a short learning curve. Hollywood stars Tom Hanks and Demi Moore, known for their fitness, are cross country skiers.

There are over 350 cross country ski areas in North America. These centers provide packed and groomed trails. Most cross country ski areas have ski and snowshoe rentals and instruction. Cross country resorts offer health-oriented programs including yoga and massage, nutritious foods and specialty women’s health weekends.

For more information, please contact:

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Chris can provide contact names and numbers for skiers and ski area operators who are available for interviews—also, information on more than 200 cross country ski areas is available online at www.xcski.org. CCSAA is a non-profit organization dedicated to recreational cross country skiing.