

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Snowboarding Isn't Just For Kids Anymore**

**By Lauren Traub Teton**

**Snowboarding Isn't Just For Kids Anymore**

by: **Lauren Traub Teton**

Pain and injury avoidance techniques for snowboarding are invaluable but not well known. If you know how, you can avoid the two biggest mistakes that first time snowboarders make. A positive experience your first few times out will make you more likely to stick out the hard times until you learn enough to really have fun!

"There's no reason that adults shouldn't snowboard and have as much fun as kids" says self-proclaimed Snowboard Evangelist Lauren Traub Teton who admits to being "in her 40s". "I have been riding a snowboard for four years, and am having the most fun of my life!"

She feels that the only thing stopping "oldsters" (in their mid-30s and up) from embracing snowboarding in a big way are the inevitable hard falls experienced during the short steep learning curve. She says "there are easy ways to avoid the pain. They are just not well known."

The reason "snowboard pain avoidance" is not more widely discussed has to do with the history of snowboarding. To some snowboarders, pain and injury are cool. This is obvious if you read the hundreds of war stories on snowboard websites.

This viewpoint has its roots in the fact that snowboarding is stylistically a descendant of skateboarding and embraces some of the same traditions. For example, doing a grab, where the rider reaches down and grabs the board while airborne, is more of a necessity in skating than in snowboarding, because the skateboard is not attached to the feet. But grabs have morphed into a popular trick and a way to show style in snowboarding too.

The other tradition that has carried over from skating is the tradition of pain. In skateboarding, injury from accidental impact with the hard ground is a common occurrence and gives a skater bragging rights (as well as bruises and breaks.). A lot of skaters are also snowboarders, and so the tradition of absorbing pain as part of "paying dues" remains.

## Snowboarding Isn't Just For Kids Anymore

Another factor keeping some adults away from snowboarding may be the reputation for wildness on the slopes that snowboarders have. That probably comes from the fact that when the equipment was first invented, it was technologically primitive, with little ability to steer or stop. That's how snowboarding got its image as an extreme sport and snowboarders got their reputation as outlaws of the snow. Now snowboards have evolved technologically into precision devices that can turn and stop easily, when operated under control.

With older snowboarders hitting the slopes, the culture of injury and pain has outlived its origins. Adults don't equate injuries with status. People who start riding as adults want to stay upright and uninjured. Some skiers switch over because it seems like more fun and less stress on the knees. Again, the goal is to stay whole!

I learned by trial, error and luck how to avoid injury. In fact, a fine young gentleman working at the

guest services desk on Whistler Mountain (B.C.) offered to let me borrow his Rollerblade wrist guards and knee pads, one day when I was learning, and I was hooked on safety and comfort from that moment.

Don't make the two biggest mistakes new snowboarders often make when you do decide to take up this wonderful sport. To be safe, comfortable, and happy, you **MUST**

1. Take a lesson given by a professional your first time out.

and

2. You **MUST** wear padding, on your knees, butt, and wrists.

Come now, why try to reinvent the wheel? If you want to learn to snowboard, then a snowboard lesson with a trained instructor will teach you **IMPORTANT** basic snowboarding skills that you will use every day for the rest of your riding life.

So learn them right, right from the start. Forget about teaching yourself how to get on and off a lift safely on a board. This is what teachers are for.

And the padding is a must because falling is an inevitable part of the learning process. You **WILL** fall at first. But if you are padded properly, you will not have to hurt yourself. And don't chuck the padding once you have mastered the basics. You will need it when you progress to jumping and tricks!

For Lauren Traub Teton, snowboarding is the only sport she has ever been successful at. She loves to ride the halfpipe, race, and jump (a little!). She writes the popular free "Snowboard Szine" newsletter. Sign up for it on her site

**Attention All Skiers: Try Snowboarding!**

## Snowboarding Isn't Just For Kids Anymore

**By Martin Stoleman**

Do you love winter? Or, more importantly, do you love spending time in the cold winter weather? If so, and you are looking for a great new activity to try this winter, consider snowboarding.

For many people, the idea of snowboarding sounds dangerous, like it was only for crazy teenage boys. The idea of skiing down a large hill or mountain sounds scary enough and the idea of doing it with a snowboard sounds too hard to be tried. If these are your thoughts, you should think again. Whether you have been skiing for years or if you have never made it down a winter mountain, snowboarding can be a great way to spend winter days.

If you have been a skier and are thinking of branching out into the world of snowboarding, congratulations. The best advice I can give you is to be patient. Because snowboarding is similar to skiing and yet very different, some people who ski well will find that snowboarding comes naturally and quickly while others will find the learning process grueling and frustrating. Stick with it because eventually the tricks of snowboarding can come to almost anyone.

If you have never been a skier, have no fear. Having a skiing background is not always necessary or even beneficial in learning snowboarding skills. You, a non-ski expert, may actually pick up the techniques of snowboarding much easier than your skier friends. After some time you may find that snowboarding fits you like a glove.

Allow me to offer a couple of words of advice to anyone, ski expert or not, that desires to enter the world of snowboarding. First, do not expect to jump on a board and pick up the skill all on your own. Most people will benefit greatly from taking snowboarding lessons at least to learn the basics of the sport. So do not hesitate to sign yourself up for a lesson or two before you head out to the slopes.

A second and perhaps more important piece of advice is simple: rent. Resist that temptation to run out and buy the latest board and snowboarding gear just to look like a seasoned pro on the slopes. On your first few times out you should rent equipment and take the time to learn what kinds of boards best meet your needs. By renting you can avoid making a costly mistake that will leave you frustrated later.

So, whether you have been skiing for years or not, when winter comes around again make the choice to learn a new skill. Who knows, snowboarding could fast become your favorite source of winter fun.

Martin Stoleman loves to write about all of his favorite sports and activities. He has recently fallen in love with snowboarding himself. Check out

for more details about

this great sport.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**