

fitbits

Slope Doctors

You're on vacation and the powder is great, but you realize you forgot your antibiotics. What do you do? At most resorts you'd have to forgo a day in untracked powder to make a trip to the nearest doctor. But at ski areas such as Big Mountain, Mont., there's no need to leave the slopes. In cooperation with a nearby hospital, Big Mountain has set up a full-service family-practice clinic in the lower level of its main lodge. Providing both emergency services and routine care such as immunizations, annual exams and cholesterol checks, the clinic gives a new definition to staying healthy on the slopes.

Big Mountain is one of a growing number of resorts

that provide family-practice healthcare on the mountain.

"In U.S. ski areas with a million or more skier days, family-practice clinics are becoming more and more common," says Chip Woodland, medical director at Vail Valley

Medical Center. So now you can grab a burger and get a flu shot all on your lunch break.

—CASSI CLARK



researchers concluded that eating apples may help your lungs work better.

The reason is unclear, but researchers speculate that the antioxidants in apples may act as a breathing aid.

Antioxidants—which include vitamins C and E, as well as the

flavonoid quercetin found in apples—counteract free radicals in the body. Free radicals cause oxidation, or cell damage, which can lead to health problems such as lung cancer and heart disease.

Prefer your apples in liquid form? You may get some of the same benefits because apple juice is also high in quercetin. Now if they could just find a veggie that improves your bump technique.

—KELLEE KATAGI

Breathe Easy

Forget keeping the doctor away. There's now a better reason to down a granny smith a day: It may help you last longer on the slopes.

Based on a study of 2,500 middle-aged men in Wales,

any people are unclear about how protein should fit into their diet. "There's a lot of consumer confusion on this subject," Bonci says. "People are fat-phobic so they cut back on protein." The key is that loading up on carbohydrates is a better option because the body converts unused carbs into fat anyway. In addition to protein, try to incorporate warm, hearty foods such as oatmeal, soup and grilled sandwiches into your ski diet. While there's little hard evidence that certain foods contribute to the body feeling warm or cold, some studies have shown that eating oatmeal leads to a reduction in blood vessels, which increases warmth to the extremities, Bonci says. At the very least, eating warm foods simply help you feel good. Though many resorts have gone to gourmet, ski-trip food pickings aren't always fabulous. To get around that, ski diet and nutrition experts suggest to bring some vittles along with you. "You're packing your clothes, skis and boots," Bonci says. "Why not pack some food? It's not a big deal, and it's a good backup plan. It can make your trip more enjoyable all around." ♦

Protein articulars

Average 150-pound person needs 54 grams of protein each day. Experts suggest that skiers consume up to twice that amount. Use this chart to find out which foods will help you meet your protein quota. —K.P.

Cheerios, 1 cup	3 grams
Yogurt with 1 ounce cream cheese	8 grams
Jelly with 2 tablespoons peanut butter	15 grams
Eggs, 2	14 grams
Granola bars, 4	2 grams
Chocolate, 1 ounce	1 gram
Pasta, 1 cup	6 grams
Turkey, 3 ounces	25 grams
Beef, 6 ounces	54 grams
Chicken, 3.5 ounces	29 grams
Storade, 12 ounces	0 grams
Beer, 12 ounces	1 gram

CHOOSE A BETTER BAR

When it comes to packing snacks for the slopes, it's tough to beat bars—whether candy, energy or granola—for ease and convenience. Here's a look at what you'll get from a variety of bars. —K.K.

BAR	CALORIES	CARBOHYDRATES	FAT	PROTEIN
BALANCE				
Yogurt Honey Peanut	200	22 grams (17 grams sugar)	6 grams	14 grams
"Sweet, but a bit chalky."				
CLIF BAR				
Crunchy Peanut Butter	240	39 grams (18 grams sugar)	5 grams	12 grams
"If you like chewy granola, you'll like this."				
LUNA				
Chai Tea	180	27 grams (12 grams sugar)	4 grams	10 grams
"Our energy-bar favorite. Tastes like the real thing."				
NATURE VALLEY CRUNCHY GRANOLA BAR				
Peanut Butter	180	29 grams (11 grams sugar)	6 grams	5 grams
"Moderately sweet, crisp."				
POWERBAR				
Apple Cinnamon	230	45 grams (20 grams sugar)	2.5 grams	10 grams
"Tasty, but if it gets cold, you could break a tooth."				
SNICKERS				
Original	280	35 grams (30 grams sugar)	14 grams	4 grams
"One word: Yum."				
TWINLAB IRONMAN				
Cookie Dough	230	25 grams (19 grams sugar)	7 grams	16 grams
"Texture, and almost the taste, of actual cookie dough."				