

Title:

5 Reasons Why Skiing Is Good For You.

Word Count:

614

Summary:

At last the excuse you've always needed: 5 surefire reasons why you should go on that skiing h

Keywords:

ski, skiing, holidays, france, chamonix, travel

Article Body:

At last, solid proof for what we've long suspected: skiing and snowboarding are good for you.

Sunlight.

Are you SAD? 1 in 50 people in the UK suffer from seasonal affective disorder which is a type

Adrenalin.

We're all just animals, obviously some creationists may disagree, but we need to exercise our

Altitude.

Can the news get any better? Just being at altitude can make you thin, fit and desirable - at

Fresh Air.

Spending time in the great outdoors helps to prevent disease and boost recovery. You can avoid

Learning.

Learning is good for us. Your parents told you so and they were right, but they and you need t

So what are you waiting for? Skiing is not only great fun but also scientifically proven to be

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