



Try something new: Snowshoeing

Winter can limit your options for outdoor activity, but maybe it is just time to look into something new. Consider getting out into the wilderness to enjoy the beautiful snow that has fallen. Here are some fun facts about snowshoeing.

First of all, a snowshoe is defined as footwear for walking on top of the snow. They work by distributing the weight of the individual over a larger area so that the foot does not fall into the snow. Snowshoes traditionally, are made from a hardwood frame with rawhide lacings. Modern styles of snowshoes are made from materials such as plastic, lightweight metal and synthetic fabric. The toe is normally raised for maneuverability. In order to keep the snowshoe from accumulating snow, there is latticework, criss-crossed pattern of strips of wood or metal, which are bindings to attach to the feet.

There are three classifications of snowshoes with different shapes and sizes. Each classification is determined by the type of snow. The bear paw, an oval shape, was designed for use in forested conditions where maneuverability was very important for travel. The second classification is the Yukon snowshoe. It is 46 inches or longer and was developed for traversing deep powder-covered open areas and is very common in the Northwest. Finally, there is the beavertail. This particular snowshoe seems to have taken advantage of the better features of the previous snowshoes listed. The beavertail is utilized in all types of snow conditions.

To find the best option for you, check out a sporting goods store to get properly fitted and get some basic information to help you get started. Snowshoeing has excellent cardiovascular benefits and can be a great way to make the best of out your winter.

For more ways to stay fit and healthy, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or Sharon.Rateike@forthc.com.

