Cross Country Skiing
Downhill sledding available on Hole 1.

Palmer Hills Golf Course
2999 Middle Road
563.332.8296 • www.palmerhillsgolf.com

TOP 10 BENEFITS OF CROSS COUNTRY SKIING...
1. You get a full body workout. Nordic skiing combines both a lower and upper body workout.
2. Burns lots of calories. Nordic skiing burns more calories than any other form of exercise or sport.
3. Improves cardiovascular endurance and health. Cross-country skiing is an excellent aerobic workout with no single muscle group being over-stressed.
4. A higher level of physical fitness. Skiers are about 40 percent fitter than physically fit individuals.
5. Promotes social engagement. It is an ideal sport for family and friends to enjoy together.
6. Helps relieve stress. The peace and tranquility of snowfall is relaxing, helping you leave your stress behind so you can return home feeling refreshed.
7. It’s highly functional. You’re training your body to move in a way that it was designed to move.
8. It improves endurance. Doing long-distance endurance sports like cross country skiing help improve your aerobic fitness.
9. Excellent for Cross-Training. Cross country skiing is a great way to prepare for summer sports.
10. Allows you to connect with nature. Cross country skiing is a very pleasant way to enjoy the great outdoors on a sunny winter’s day and see the sights with friends—all while getting a good workout.