

Mountains, sun, glittering snow – winter sports appeal to all the senses and are great fun into the bargain. With the far-reaching initiative »Neuer Schwung« (New Verve), the legendary ski champions, in alliance with the Association of German Ski Instructors (DSLIV), aim to rekindle people's enjoyment of snow sports. All the essential questions are covered: from the best fitness training to safety and how to deal with nerves, from suitable equipment to state-of-the-art technology. Stunning photos show just how much fun skiing, snowboarding and cross-country-skiing can be.

→ Popular sports stars present the perfect motivational book to boost confidence and improve performance on the slopes, just in time for the start of the winter season – an ideal refresher course

Rosi Mittermaier and Christian Neureuther are not only Germany's most popular athletes, but are also actively engaged in promoting health, for example with their book »THE HEALING POWER OF SPORTS«. In collaboration with Fuzzy Garhammer, legendary trick-skier and snowboard-guru, they founded the Association of German Ski Instructor's initiative »Neuer Schwung im Leben« (New Verve For Life) with major events planned for the 2008/9 skiing season.



Rosi Mittermaier, Christian Neureuther

NEW VERVE

Rediscover the joy of skiing

Published by the Association of German Ski Instructors (DSLIV)

Includes all German skiing regions, cross-country-ski-tracks, insider tips, checklists

Approx. 160 pages, 21,5 x 22,0 cm with over 100 four coloured photographs and illustrations

Hard cover with dust jacket

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Rosi Mittermaier und
Christian Neureuther
THE HEALING POWER OF SPORTS
144 pages
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»Sport is the best medicine.«

Bild Zeitung

»Sport reduces the general mortality rate.«

Süddeutsche Zeitung

»An exercise programme that 's guaranteed to put the fun back in to exercise.«

Gesund + Vital