

Skiing for Spring Break? Last-minute tips from DreamTime Publishing's ski author

If you're headed to the slopes, Lisa Mercer, author of *Open Your Heart with Winter Fitness*, can give you advice on how to make the most of your trip.

She tell your audience how to:

- Avoid altitude sickness
- Minimize sore muscles with the right pre-ski warm-ups
- Book a last-minute at the hottest ski spots
- Readjust to skis quickly if this is the first trip of the year
- Enjoy a ski resort even if you never get out on the slopes

Lisa Marie Mercer began her fitness career in New York City in the 1970s. She has taught fitness classes around the world, including in Italy and the Czech Republic. She is a master instructor trainer for Fitour, a ski fitness expert for EpicSki Academy, and Ski Magazine has cited her as a ski fitness expert. She co-owns Mountain Sport Pilates and Fitness in Colorado. When she's not teaching fitness, she works as a freelance writer and has been published in Professional Skier, HerSports, and Aspen Magazine, among others.

In the winter, Lisa works part time at Copper Mountain and her husband teaches at Breckenridge. During the summer, she is a tour guide for the Breckenridge Historical Society, so she can definitely tell you where to go in ski country!

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