

## **Is wearing protective important during skiing or snowboarding ?**

Skiing or Snowboarding is a snow glide and required lots of body moving posture to control during the motion. There will occurs lots of body unbalance effect in the beginning when human do not have sufficient rescue posture and instinct to maintain the failure movements. So, body fall or unexpected bone cracks, ligament torn, losing hinge and joints are possible to be happened. Thus, the protective for certain parts of the body to avoid such kind accident happenings is very important.