

# It's as easy as 1, 2, 3... .

Since our birth, the LowDown has been up to date with all of the latest gear, gadgets and music that make our lives just a little bit easier and all the more fun.

On the weekend of March 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> at the Vans Triple Crown, and then again on the 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> at the Transworld Team Challenge at Northstar-at-Tahoe, I realized most of the snowboarders were not aware of a device that could've easily improved their performance- the belt.

Although belts have been around for ages, they seem to have gone out of style or improperly used, if used at all. So once again, the LowDown is here to save the day by teaching everyone the proper use of the belt, and the exact way to put one on.

Now the exact purpose of a belt is to simply hold someone's pants above their butt-crack. To use a belt, follow these simple steps.

1. Feed the belt through the belt loops around the top of your pants. Now I know you probably thought those loops were just for your fingers, so you could pull up your pants that are constantly falling down, but they're not. Those loops are actually used to keep your belt secured to your pants.



2. Once your belt is secured to your pants, the next step is to make sure they are placed properly. Now this is the step where most people go wrong. It is important to make sure that before you tighten the belt, that your pants are above your butt-crack.



3. Once your pants have elevated above plumber status, the final step is to tighten your belt. Make sure you finish this final step properly! When tightening the belt, make sure it's tight enough to keep the pants around your waist, instead of around your thighs.



The LowDown hopes this will help both snowboarders and skiers with their performance both on and off the slopes.

Daniel Savickas LD

The LowDown  
tells kids to  
just say NO to  
crack