

Study: Skiers happier than snowboarders

By Stephen Wayne Kasica, *Outside*

Researchers from South Korea inadvertently supplied skiers with more ammunition in the ideological war between which is better: skiing or snowboarding.

According to the study published in the journal *Applied Research in Quality of Life*, skiers find more pleasure from a day on the slopes than snowboarders. Among the 279 participant study, skiers showed higher levels of pleasure and involvement in their sport than snowboarders did.

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