

## BENEFITS OF INLINE SKATING



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### BUILDS AEROBIC EXERCISE BENEFITS

Inline skating increases your heart rate and gets your lungs working, both components in aerobic exercise. You can increase these aerobic benefits by skating on an incline, skating more vigorously, or practicing interval skating. Aerobic exercise improves the cardiovascular system, reducing the risk of heart disease, stroke, and high blood pressure.



### BUILDS ANAEROBIC EXERCISE BENEFITS

Inline skating provides anaerobic benefits, such as muscle strengthening and toning. Lower body muscles, core muscles, and even the upper body muscles receive an effective workout while inline skating. From long leg strides, maintaining posture, and swinging the arms, the entire body will see the muscular benefits.



### IMPROVES DYNAMIC BALANCE, COORDINATION, & AGILITY

Inline skating is about dynamic balance, or balance while your body is in motion. By starting with the basic inline skating skills then learning to do more advanced moves on your skates, such as skating backwards, crossover turns, inline hockey, aggressive skating, and even yoga, you can challenge your balance, coordination, and agility.



### INCREASES CORE STRENGTH

Postural, abdominal, and back extensor muscles, get a great workout while inline skating. With each push and glide motion, the core is activated to support the whole body providing stability allowing for dynamic balance. A strong core contributes to the effortless look a practiced skater demonstrates.



### WEIGHT LOSS AND MAINTENANCE

Inline skating at 10mph on a regular basis not only burns about 6 calories a minute, or 360 calories an hour, but also turns fat into muscle - a double benefit. Also, the faster you skate, the more calories you'll burn per minute.



### LOW IMPACT EXERCISE

While skating has the bone density enhancing benefits of being a weight bearing activity, the smooth push and glide motion has minimal impact on the joints.



### INCREASES SELF-CONFIDENCE

Probably the greatest fitness benefit of all is that inline skating is fun and gives you a sense of accomplishment as you tackle new fitness challenges. There are so many great inline skate events around the country in which to participate; from races to tours to local skate nights to so much more. Get out there and have fun getting and staying fit!

Visit [rollerblade.com](http://rollerblade.com) to learn more  
The official resource for before, during and after skating



## BRAIN BENEFITS OF ROLLER SKATING



- Stress relief
- Mental clarity
- Improved memory
- Increased Oxygen flow
- Stimulates learning and adapting neurons
- Prevents brain tissue loss due to aging

Pro Tip:  
Helmets are also good for the brain!

Roller skating is good for the body & the mind!