

Roller Skating AssociationSM INTERNATIONAL

FITNESS AND FUN ROLLED INTO ONE!

Kids today need all the help they can get to stay in shape and live a healthy lifestyle. Roller skating is a great way for them to get some exercise, all while doing what kids like to do more than anything in the world - hang out with friends and listen to cool music. Roller skating is making a come back among the tween and teen market because it is fun. What kids may not realize is that while they are socializing with their friends on skates, the activity itself is better than running the same distance.

For many years, the President's Council on Physical Fitness, as well as the American Heart Association, have recognized roller skating among the best overall aerobic exercises, involving all the body's muscles, including the heart. Now that the activity is making a come back and is deemed "cool," more teens can enjoy the health benefits of skating indoors.

With low-carb and other diet plans sweeping the nation, experts agree that regular exercise is an essential part of an overall fitness plan that contributes to weight loss and general health. Skating is a great way to get this recommended exercise. Consider:

- Roller skating is equivalent to jogging in terms of health benefits, calorie burning, reduction of body fat and leg strength development.
- Just one hour of moderate roller skating (6 mph) burns 330 calories for a 143-pound person. If that same person skates vigorously (10 mph), he or she will burn up to 590 calories an hour!
- According to a study at the University of Massachusetts, skating causes less than 50 percent of the impact shock to joints compared to running.

While roller skating is an effective low-impact aerobic exercise, many athletes also point to skating as a strength exercise. For example, the March 2, 2004 edition of the *Indianapolis Star* quotes 2004 NBA Slam Dunk champion Fred Jones connecting roller skating with his incredible vertical leap. According to the *Star*, Jones developed the strong leg muscles and learned some of the acrobatics that helped him win the NBA slam dunk title from his days spent skating in roller skating centers while growing up in Arkansas and Oregon.

Roller Skating is

- A fun way to increase muscular strength and cardiovascular endurance.
- Great for improving balance and flexibility.
- A fantastic source of aerobic exercise.
- A key to weight control.
- A great tension reliever and enthusiasm booster.
- An excellent way to help maintain good health.
- Easy to Learn.
- FUN!