

# **Roller Skating Association**<sup>SM</sup> INTERNATIONAL

## **EXERCISE BENEFITS OF ROLLER SKATING**

- Studies have shown that roller skating provides a complete aerobic workout and involves all of the body's muscles, especially the heart.
- Roller skating is equivalent to jogging in terms of health benefits and caloric consumption, reduction of body fat, and leg strength development.
- Roller skating is recognized and recommended by the American Heart Association (AHA) as an aerobic fitness sport.
- Just one hour of moderate roller skating burns 330 calories for a 143-pound person. If that same person roller skates vigorously, he or she will burn up to 590 calories in an hour.
- The number of calories burned per hour while skating at 6 mph is 350 and 600 while skating at 10 mph.
- According to a study conducted at the University of Massachusetts, in-line skating causes less than 50 percent of the impact shock to joints compared to running.
- If someone roller skates one day, bicycles another, and swims or runs on another, the person will be getting all the fitness benefits that aerobics can offer.
- According to Dr. Carl Foster, associate professor of medicine at the University of Wisconsin Medical School, in-line skating as a form of exercise is as beneficial as running or cycling. (Information from International Inline Skating Association website)
- During a 30-minute period, on the average, in-line skating at a steady, comfortable rate expends 285 calories and produces a heart rate of 148 beats per minute. (Information from International Inline Skating Association website)



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