

Roller Skating Fitness Facts

400%

more injuries
playing basketball
vs roller skating

Skating



1 hour

per week

= 600

calories



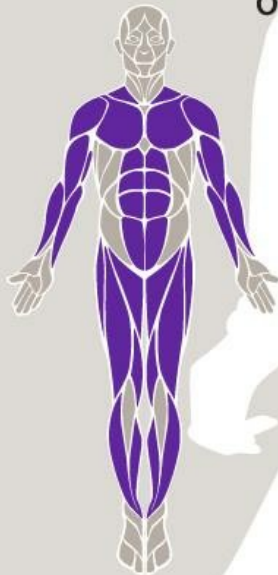
30 minutes

produces a heart rate
of at least



148

beats per
minute



Roller Skating works most
muscle groups including:
Glutes, Quads, Abs, Calves
and Arms

Roller Skating builds
strength and increases
muscle endurance



Skating causes

50% Less

stress to joints



than running

Roller Skating

2x

safer than



3x

safer than



4x

safer than



5x

safer than

