



Fitness Facts

In-Line Skating Offers Fun, Fitness Benefits

(NAPSA)—As the weather warms up, people start to plan their outside exercise regimens—workouts that take advantage of the great outdoors while providing the best aerobic workout.

For many people, in-line skating is a fun way to get that workout while exploring the neighborhood's beauty. Research conducted by the Exercise Science Department at the University of Massachusetts, has revealed that in-line skating offers a muscular workout comparable to running and superior to stair-stepping or cycling. Studies conducted over the past five years have shown in-line skating to have a number of health benefits, including:

- In-line skating can provide the same fitness benefits as running. A person weighing 150 pounds can burn nearly 360 calories in a 30-minute in-line skating workout.

- In-line skating produces less than half the impact shock to joints that running does.

- Routine in-line skating produces nearly the same increase in aerobic fitness that running does.

- In-line skating offers a comparable muscular workout to running and cycling because the muscles work for a longer time during an in-line skating stride than in a running stride or a cycling crank cycle.

- In-line skating and running provide a stronger cardiovascular workout than exercising on stair-stepping machines.

- In-line skating has higher



In-line skating can be a great way to get in shape while having fun and exploring the outdoors.

muscular activity levels for some muscles of the hips, thighs and shins than running or cycling.

To help more people get on their feet with in-line skates, Rollerblade has introduced a new closure system, known as the Total Fit System (TFS). The system makes putting the skate on quick and effortless, while fitting more precisely than possible with laces or buckles. By adjusting to the contours of your foot, TFS enables an exact fit every time.

For more information on the fitness benefits of in-line skating, as well as tips for beginning skaters, call 800-323-ROLL or visit www.rollerblade.com.