



# ***INLINE SKATING FOR FITNESS***

As we move into the next millennium, we are forced to address one of Americas biggest problems; the inactivity of our children. Children no longer ride their bikes for recreation, they sit in front of high resolution television sets with surround sound speakers and play Nintendo. This lack of exercise is considered to be one of the major risk factors for cardiovascular disease; which is now the number one cause of death in the United States today. To reverse this sad trend many of the top physical education programs in the country are shifting to fitness based programs. Studies have shown that children who participate in regular physical activity are more likely to continue or resume exercise as adults. These programs expose children to activities which will improve cardiovascular endurance and enable them to live longer, healthier lives. These activities need to be fun activities! Activities that the student will participate in on their own after the skills are learned. Activities that last a lifetime! For these reasons Skatetime School Programs sees inline skating as an exciting and excellent component of the fitness based program.

Inline skating is a highly effective method of aerobic activity. All five components of fitness (muscular strength, muscular endurance, flexibility, body composition, and cardiorespiratory endurance) will improve with a proper inline training regimen. Balance and coordination are also additional benefits. Not only will balance improve during skating, but during other activities and sports as well. Inline skating has the same cardiorespiratory benefits as jogging, basketball, racquetball, etc. One of the key benefits of using inline skating as an aerobic workout is the minimal stress the activity places on the joints. Unlike many other high impact cardiorespiratory exercises, inline skating does not put as much stress on the joints, ligaments, and tendons.e by Edmond Burke (1998).

## ***THE F.I.T.T. PRINCIPLE***

The F.I.T.T. Principle is an acronym, which helps students remember the key components of a successful aerobic workout.

### ***F STANDS FOR FREQUENCY***

How often should I exercise? The American College of Sports Medicine recommends that you do aerobic exercise at a minimum of 3 days per week, ideally 5-7 days per week.

### ***I STANDS FOR INTENSITY***

How hard should I exercise? One way to figure whether or not you are training hard enough is to find your aerobic training zone. To find your training zone you must first find your resting heart rate. The ideal time to find your resting heart rate is when you first wake up. Take it before you get out of bed, shower, or eat your bowl of Fruity Pebbles. All of these activities will elevate your resting heart rate.



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In fact, even sitting up in bed will elevate it. Have a watch with a second hand available at your bedside when you wake up. You should be relaxed; if the alarm clock startled you then wait a minute or so to calm down. Find your pulse on the thumb side of your wrist using your index and middle fingers. Count the number of beats you feel for 60 seconds. This is your resting heart rate. Plug in the appropriate numbers to find your training zone.

- ① Subtract your age from the number 220

$$220 - (\text{your age}) = \underline{\quad} \quad (\text{A}) \quad \text{From now on we will use (A) to represent this number}$$

- ② Subtract your resting heart rate from (A) , multiply it by .60, and add your resting heart rate.

$$(\text{A}) - (\text{your resting heart rate}) = \underline{\quad} * .60 = \underline{\quad} + (\text{your resting heart rate}) = \underline{\quad}$$

- ③ Subtract your resting heart rate from (A) , multiply it by .85, and add your resting heart rate.

$$(\text{A}) - (\text{your resting heart rate}) = \underline{\quad} * .85 = \underline{\quad} + (\text{your resting heart rate}) = \underline{\quad}$$

Your training zone is from [final answer in (2)] to [final answer in (3)]. This is where your heart rate should be during aerobic exercise for cardiovascular benefit. If you take your heart rate and it is below your lower value, then you know you need to work harder. If it is above your upper value you know you need to slow down. The use of heart rate monitors during exercise can make this an easy and rewarding way to monitor intensity.

## **T STANDS FOR TIME**

For cardiovascular benefit you need to do aerobic exercise for 20-60 continuous minutes per session.

## **T STANDS FOR TYPE**

For cardiovascular benefit the type of exercise you perform should be aerobic. Aerobic exercise means "with oxygen". Aerobic exercise is defined as exercise which uses large muscle groups at a moderate intensity that allows oxygen to supply the necessary energy for a sustained effort. Walking, jogging, biking, swimming, and rowing are aerobic exercises. Inline skating is classified as an excellent aerobic activity which can be used to increase cardiovascular fitness. In conclusion, not only can inline skating be used as a fun recreational activity; it can also be used to increase the fitness levels of our children.