

SKATEBOARDING HAS SIGNIFICANT PHYSICAL HEALTH BENEFITS

Arguably the most important reason for participating in action sports is the fact that it keeps you healthy and physically fit. Finding an activity that gets kids off the couch and keeps them in shape is vital for the youth of this nation, especially in this time of a national health crisis.

"It's a cardio workout, and the faster I go, the more I'm gasping for breath," he said. "And it only becomes harder when I'm carrying a heavy backpack."

While skateboarding might look like fun, it also registers as an excellent workout. Michele Olson, a professor of exercise science at the Montgomery, Ala., campus of Auburn University, said that boarding engages many small and large muscles.

"Your glutes, hamstring and quads work with all that pushing off the ground; your abs and back help you balance; and you use the small muscles in your calves, the stabilizing muscles in your hips and the ones in the arches of your feet, which is great because these weaken and flatten out as you get older," she said.

Mr. Hippix began boarding in 2010, and he said he has become fitter and more toned. "It's definitely changed my body for the better," he said.

Source: *The New York Times*
"Skateboards for Work and Working Out"
Shivani Vora August 22, 2013

One of the most successful weapons against diabetes is a total blast: The Pawhuska Skate Park. It is impossible to make an absolutely correlation between Tucker's improving health and the skate park, but here's a stunning fact: In the past one and a half years, Tucker's blood sugar average readings have steadily declined. In that same 18 months, he has been skating at the park, getting exercise for 10 hours or more hours a week – a proven method of keeping blood sugar in check.

His parents say that the skate park has made a huge difference in Tucker's physical activity. In pre-skate park days, Mark says that Tucker's life was mostly sedentary except for basketball season, largely occupied by school and playing video games. He still plays basketball, but now he's in full-exercise mode all year round.

Source: *The Bigheart Times*
"Sk8ing for diabetes, fun"

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Skateboard tricks and the lifestyles of the kids who practice them could be a key to fitness into adulthood. A recent study by Johns Hopkins University researchers said regularly skating, Rollerblading and biking increase children's chances of fighting the flab as they grow. The odds were better than for those who played baseball and other organized, and often seasonal, sports.

The study, published in January's Archives of Pediatrics & Adolescent Medicine, was one more among the many seeking solutions to the nation's growing obesity epidemic. But it's one researchers believe will fuel the push for more school and after-school activities. And skaters and their parents say it could help the unindoctrinated appreciate the benefits of some ramps and an outlaw spirit.

The senior Hulson is a lifelong athlete and said he likes skateboarding because he believes it is a good cardiovascular workout, builds muscle strength and confidence, and comes with a community that provides encouragement.

They found that among after-school activities, the likelihood of being an overweight adult was reduced 48 percent for those who skated or biked more than four times a week. For those who played soccer or other organized sports three or four times a week, the odds of being overweight later were reduced 20 percent.

Source: *Baltimore Sun*

"Ramped-up exercise: Hopkins study finds that kids who skateboard or Rollerblade stay fit longer than those who play organized sports"

Meredith Cohn February 28, 2008

It also helps people develop some positive physical characteristics as they become more confident on a skateboard, such as increased leg strength, stamina, and balance. The largest health benefit of skating, however, is the cardiovascular workout it provides. "Most skaters don't care about the details of their health," he admits. "They just know that the more they skate, the better they feel, and that is enough."

Source: *Human Kinetics*

"Three Rules to Help Kids Fit in with the Skateboarding Culture"

Per Welinder December 6, 2011

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