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# They see me ROLLING...

*This retro-cool new hobby is gaining ground. Here's why you should give rollerskating a go*

Words by THUVESHNIE GOVENDER

**A**re you someone who hates elaborate workout routines or going to the gym, but needs to get some exercise in? Then maybe you should take up a fun, fit and fresh hobby that also helps keep you healthy and in shape, like, let's say... rollerskating or rollerblading! Here's all you need to know about how skating can change your life

## A full-body workout

Skating might seem like it's only working your legs, but it is actually a great aerobic exercise that works and strengthens your entire body. Of course, the main muscles that will be worked out are your quadriceps (thighs), calves, hamstrings and glutes (buttocks). However, due to your body needing to maintain and adapt with balance, which requires using your core muscles as well as your arms, it becomes a full-body workout.

## Health benefits

If you hate cardio but need to get that heart pumping, skating is the way to go. It's just like walking or running, only cooler. There are levels of intensity, and depending on that intensity and the duration, you can burn some serious calories. (Top tip: rollerblading will give you a more intense workout due to the in-line skates requiring a lot more balance, coordination and core strength.)

It's great for your mind too, as you can skate in a social setting with others or glide solo, earbuds in, down a scenic road. So it's a fantastic way to get your fitness and spirit levels rising high! You will feel a sense of achievement as you progress, with the more tricks you learn, distances you achieve and consistency you maintain. Plus, being part of a community is great for your mental health.

## But do note...

As with any sport, there is a potential risk of injury. When you first start skating, you must expect and be prepared to fall (a lot!). That is the only way you will learn how to adapt your body to the balance and coordination you need to skate.

Depending on how you fall, you may graze or bruise your skin, fall heavily on specific parts of your body or collide with another skater, potentially causing injury. So, remember, if you are a beginner, start small, preferably with railings to hold on to and an experienced teacher or buddy, and always wear your protective gear!

## Gear needed

The main difference between rollerskating and rollerblading is the positioning of the wheels. According to skating website Slick Willie's, rollerblades have in-line skates that have one central frame and a line of wheels (sort of like ice skates but with wheels), while rollerskates have two horizontal trucks or hangars (basically, those skates with four wheels). No matter which you choose to try out or commit to, your gains will be the same – although, for beginners, rollerskates might be best to try out first.

First up you'll need a pair of skates, which you can hire at a roller rink or buy your own. Here is a list of other equipment you will need to rent or buy:

- ▶ **Helmet**
- ▶ **Elbow and knee pads**
- ▶ **Wrist guards**
- ▶ **Long socks (to prevent bruising due to friction from the skates)**
- ▶ **Multi-use skate tool (to tighten and adjust the bolts of your skates)**

## The resurgence

Maybe it's my TV brain, but I feel like the true rollerskating resurgence happened with Episode 2 of *Stranger Things* Season 4. The 80s-style roller-rink setting propelled roller derby back into fashion (a mostly female-only form of 'combat' skating involving two teams on an oval track). Check out Golden City Rollers in Joburg, Durban Roller Derby and Cape Town Roller Girls.

However, if contact sport is not for you, there is also roller dancing and distance skating. We're expecting roller yoga any day now! Go on and give it a try. 📺

### ROLLER RINKS NEAR YOU!



**Johannesburg:**  
RollEgoli, 296 Main Road, Bryanston  
OR Skate World, cnr Northrand & Romeo Roads, Boksburg



**Pretoria:** RollerCade at Menlyn Park Shopping Centre  
\* RollerCade in **Cape Town** is moving to a new location. See @rollercadeza



**Durban:**  
The Roller Rink at Pearls of Umhlanga, Lagoon Drive



**Gqeberha (PE):**  
New Era Roller Rink at Go Big Sports Arena, 60 Willow Road, Fairview