



Move Your Body

Skating is great exercise. Moving in different ways helps you skate stronger and safer.

Four ways to move

- **Endurance** keeps your heart strong: skating, walking, dancing, swimming.
- **Strength** makes your muscles strong: squats, wall push-ups, heel raises.
- **Flexibility** helps you move freely: gentle stretches after skating.
- **Balance** helps you stay steady: standing on one foot, heel-to-toe walking.

How much? Ages 6 to 17: 60 minutes every day. Adults: 150 minutes a week, plus strength exercises 2 days a week.

TRY IT: My moves

Check the activities you like.

☐ Skating☐ Walking☐ Dancing☐ Swimming☐ Biking☐ Yoga☐ Bowling☐ Basketball

One I will do this week: _____

Remember: Some movement is better than none. Pick moves you enjoy.

For coaches and families

Sleep helps muscles recover: teens need 8 to 10 hours and adults 7 hours or more. If a skater can't reach these amounts, any regular movement still helps.

Warm Up and Cool Down

Warm up for 5 to 10 minutes before you put on your skates. Cool down after.

Warm up



March
30 seconds



Arm circles
10 each way



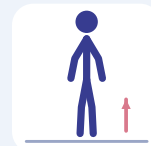
Side steps
10 each way



Leg swings
10 each leg



Mini squats
10 times



Heel raises
10 times

Cool down

Walk slowly for 2 to 3 minutes. Then hold each stretch for 10 to 30 seconds.



Calf



Thigh



Back of leg



Shoulder

TRY IT: My warm-up

Check each move you did today.

☐ March

☐ Arm circles

☐ Side steps

☐ Leg swings

☐ Mini squats

☐ Heel raises

Remember: A stretch should feel like a gentle pull, never pain.

For coaches and families

Skip warm-ups that press on the head or neck, like forward rolls. For skaters with Down syndrome, ask the doctor about a neck check.

Balance and Strength

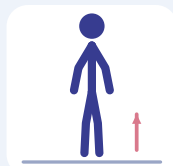
Do these off the ice 2 to 3 days a week. Use a chair or wall to help you balance.

Six exercises



One-foot balance

Hold 10 to 30 seconds



Heel raises

10 times



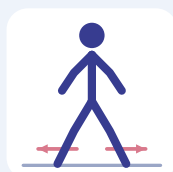
Sit to stand

10 times



Wall push-ups

10 times



Side steps

10 each way



Bridge

10 times

TRY IT: My exercise week

Write 3 exercises. Check a box each day you do them.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1. _____	☐	☐	☐	☐	☐	☐	☐
2. _____	☐	☐	☐	☐	☐	☐	☐
3. _____	☐	☐	☐	☐	☐	☐	☐

Remember: Go slow. Good form matters more than more reps.

For coaches and families

To make an exercise easier, hold on with both hands, take smaller steps, or do fewer. Strength and balance training can help prevent injuries.

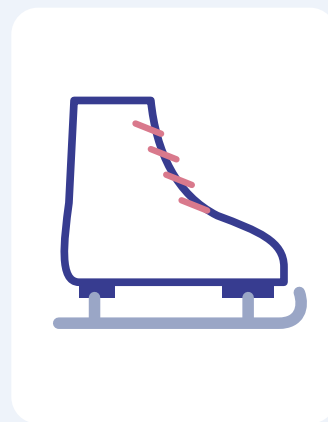


Boots and Gear

A good fit and the right gear keep you safe and comfortable.

Boot check

- **Heel:** push it all the way back. It should not lift.
- **Toes:** a little room to wiggle.
- **Laces:** snug at the ankle, a little looser at the top two hooks.
- **Top:** one finger fits between the boot and your leg.
- **Socks:** one thin pair.



Bring: a helmet, gloves, warm layers (rinks are about 50°F), blade guards for walking, and a towel to dry your blades.

TRY IT: Boot and gear check

- | | |
|--|---|
| ☐ Heel stays down | ☐ Helmet buckled |
| ☐ Toes can wiggle | ☐ Gloves and warm layers on |
| ☐ Laces snug, not tight | ☐ Blades dried after skating |

A sore spot I noticed: _____

Remember: Boot pain is a signal to speak up.

For coaches and families

Watch for sore spots at the front of the ankle, back of the heel, and toes. Helmets are strongly recommended for beginners and skaters with balance problems or seizures.



Skate Safe and Learn More

Know how to fall, how to get up, and when to stop.

Falling and getting up

If you fall: bend your knees, fall to the side, tuck your chin, and keep your hands in.

To get up:



1. Hands and knees



2. One foot up



3. Other foot up



4. Push up slowly

Stop and tell your coach if you have sharp pain, swelling, or dizziness, or if you hit your head. When in doubt, sit it out.

If I get hurt, I will tell: _____

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NCHPAD
Exercise for people
with disabilities



HEADS UP
CDC concussion
safety

References

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