

The Benefits of Skating for Students

AUGUST 17, 2017 BY WRITERS

3 COMMENTS

As the summer winds down and your kids go back to school, it's important to make sure they stay physically active. Skating offers quite a few benefits for the mind as well as the body. Here are some of the ways that skating can help students as they head back to the classroom:



- Fun exercise – After a busy summer of swimming and playing other sports, some students have a hard time adjusting to the more sedentary days of the school year. **Skating for exercise** helps kids burn off extra energy, build strong muscles, and maintain a healthy weight.
- Stress reduction – Skating is a great way to alleviate back-to-school stress, and it provides a welcome distraction from everyday worries. With a calmer mind comes improved sleep – a bonus for students of any age.
- Endorphin release – Endorphins, the chemicals produced in the body during vigorous exercise, offer a natural way to regulate mood and to generate a feeling of well-being.
- Memory and concentration – Numerous studies have shown that [regular exercise benefits cognitive function](#) not only in childhood, but also throughout every stage of life.
- Self-esteem – As your kids build skills with [practice at the skating rink](#), that sense of accomplishment can provide a confidence boost that carries over into the classroom.

To help your kids take advantage of the **mental and physical benefits of skating**, bring them to [Skate World Leesburg](#), Lake and Sumter County's only roller skating rink!