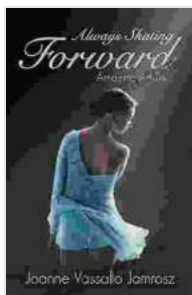


# Always Skating Forward: Amazing Adults

Skating is often seen as a childhood activity, but there is a growing number of adults who are taking up the sport. These adults come from all walks of life, but they all share a common love of skating. They skate for exercise, for fun, and for the challenge.

There are many reasons why adults might choose to start skating. Some people want to get in shape, while others are looking for a new hobby. Still others are drawn to the social aspect of skating. No matter what their reason for starting, these adults are all finding that skating is a rewarding experience.

## The Benefits of Skating for Adults



### Always Skating Forward: Amazing Adults by Joanne Jamrosz

★★★★★ 5 out of 5

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Screen Reader : Supported  
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Skating is a great way for adults to get exercise. It is a low-impact activity that is easy on the joints, but it still provides a good workout. Skating can

help to improve cardiovascular health, strength, and balance. It can also help to reduce stress and improve mood.

In addition to the physical benefits, skating can also provide social benefits. Skating is a great way to meet new people and make friends. It can also be a fun way to spend time with family and friends.

## **Getting Started with Skating**

If you are an adult who is interested in starting to skate, there are a few things you need to do. First, you need to find a skating rink. Once you have found a rink, you need to decide what type of skating you want to do. There are many different types of skating, including figure skating, hockey, and speed skating.

Once you have decided what type of skating you want to do, you need to get the right equipment. You will need a good pair of skates, a helmet, and protective gear. You can find all of this equipment at your local skating rink.

Once you have the right equipment, you are ready to start skating. It is important to start slowly and gradually increase your speed and distance as you become more comfortable. If you fall, don't get discouraged. Just get back up and try again.

## **Skating Tips for Adults**

Here are a few tips for adults who are starting to skate:

- Start slowly and gradually increase your speed and distance as you become more comfortable.

- If you fall, don't get discouraged. Just get back up and try again.
- Take breaks when you need them.
- Dress warmly, especially if you are skating outdoors.
- Have fun!

## Inspiring Adult Skaters

There are many amazing adult skaters who inspire others with their passion for the sport. Here are a few of their stories:

- **Sarah Hecken** is a 47-year-old figure skater who has competed in the Olympics. She started skating when she was 30 years old and has since become one of the top figure skaters in the world.
- **Scott Hamilton** is a 58-year-old figure skater who won the gold medal at the 1984 Olympics. He is now a successful coach and commentator.
- **Kristi Yamaguchi** is a 48-year-old figure skater who won the gold medal at the 1992 Olympics. She is now a successful businesswoman and philanthropist.

These are just a few of the many amazing adult skaters who inspire others with their passion for the sport. If you are an adult who is interested in starting to skate, these stories should motivate you to get started. Skating is a great way to get exercise, meet new people, and have fun.

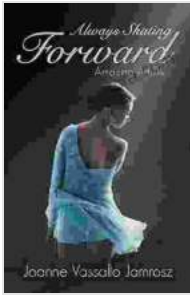
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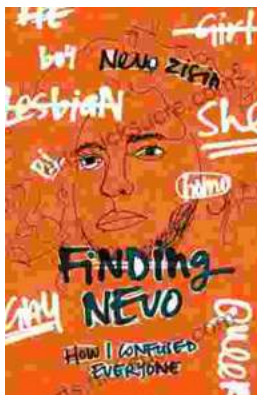


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