Ice Skating

Ice Skating is a sport and exercises that may seem easy at first, but actually it is shown to be quite the work out on the human body. Just like running and swimming, skating is an aerobic exercise but it is easier on your joints than other aerobatic exercise. The reason for this is that skating is a low impact exercises, unless one is doing jumps. This exercise burns a lot of calories even if one is skating at a leisure pace. According to the U.S. Figure Skating Association webpage that people tend to can lose from 250 - 810 calories per hour. While for professionals skaters one tends to lose from 450 - 1,080 calories per hour. Not only does skating help one burn of calories it also helps your legs, lower back, abs and core to get stronger. The main muscles that are used in ice skating are your gluteus maximus, quadriceps, rectus abdominis, oblique’s, latissimus dorsi, hamstrings, gastrocnemius, tibialis, soleus and your core muscles. Skating is not only good to keep one in shape but it also helps mental health. It helps ones mental health by requiring a lot of focus so one doesn’t slip and fall on the ice. As a result of this it takes one’s mind of previous problems they may have had. This causes many people to be stress free and to relax.

Nobody really knows for sure when ice skating was invented or why. Yet almost everybody who has researched this topic has come to believe that ice skating was created as a need to survive colder climates. Other ways people believe that ice skating came to be is when Asians went across the ocean and came to Canada, becoming aboriginals here. Yet as mentioned before nobody really knows for sure where and why it came.