



*Where skating is safe, healthy & fun*

## BENEFITS OF SKATEBOARDING

### Did you know...

**Skateboarding is an exciting and fun sport PLUS it has a number of important benefits...**

- ☺ Improves balance, coordination and flexibility
- ☺ Develops muscle strength, endurance and cardiovascular fitness
- ☺ Encourages visualisation and goal setting
- ☺ Increases concentration, focus and persistence
- ☺ Promotes individuality and creativity
- ☺ Promotes teamwork and group participation
- ☺ Builds confidence, social skills and self esteem



- ☺ Teaches sports competence and develops skills required for multiple sports
- ☺ Teaches sportsmanship and fair play
- ☺ Develops life skills such as independence, a positive attitude & respect for others
- ☺ Skateboarding is good for the soul!