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Roller skates are usually worn on the plain surfaces and people wear these skates in the sports activities or events. Basically, these skates are made by joining the four wheels with the metal plates. These skates came into existence in 1760 and John Joseph Merlin was the inventor of these skates. After this, the James Plimpton came with the improved version of skates in 1863. This improved version got popularized and from then on, people started to enjoy the roller skates.

With the passage of time, these skates became a part of the sports event and due to its popularity, this activity was there in the 1992 Olympics. There are different types of sports that comes under roller skating and these are figure skating, speed skating, roller derby, and Jam skating. The wheel size and hardness plays a very important role in the accuracy of the skates.

Now, discussing about the size of the wheel. The wheels must be tapered and tall and for the best speed, this wheel size is the best combination. But, in this type of combination, there are chances to slip. Therefore to maintain the moderate speed, the wheels should be small and broad. After knowing about the size, itâ€™s turn to determine the hardness of your skates. To attain the high speed, your wheels must be hard. On the other hand, softer wheels can be used to balance more precisely.

A learner must wear the skates that helps him or her to maintain balance and a steady speed. Although, a professional can wear the skates with high speed and momentum.

Various Advantages

There are several advantages of roller skates that include:

â€¢It burns the calories like for a person of 64 kg, it can burn around 330 calories. Therefore, it helps in reducing the weight of a person.

â€¢It gives the same benefit as you will get on cycling or jogging.

â€¢It involves increasing the muscle strength and endurance.

â€¢It helps in boosting you mentally as well as physically.

â€¢It increases the heart rate of the person as it is an aerobic fitness sport.

â€¢It is used in dance activities and commonly known as roller dancing.

â€¢It provides great benefits to children having autism as it helps to increase their concentration.

You can get more benefits if you practice under the guidance of a professional trainer. Roller skates are also used by kids for having fun and not only kids, people of all ages practice skates to remain fit. Its major benefit is that it is an indoor as well as an outdoor game and you can practice it anytime inside or outside of your home. You can also buy your own pair of roller skates online at cheap prices. There are many skating schools and organizations that are providing the training for roller skating, thus, you can also get training in these organizations.

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