

**GREAT FOR TONING YOUR  
LEG MUSCLES** and bottom  
and provides a **fat burning  
cardiovascular workout.**

# *inline* **skating**

9  
**410**  
calories  
burnt per hour



*For a perfect fit, choose boots half a size bigger than your normal shoes and wear them with thick sports socks.* Also make sure you get, knee, elbow and wrist pads and a lead/harness for your dog that restrains from under the armpits, around the chest rather than the neck. I cannot stress enough the difference the right lead will make, especially as you are starting out. To test your control, try skating on flat ground before you attempt to control your dog on a hill. Skate quickly for a stretch, then at the first intersection where you need to check for traffic, have your dog slow down. Asking your dog to sit at traffic lights so you can safely step off of curbs is good training as well. The proper lead will help a lot with this, but you can teach your dog a “slow” command. Your dog should sense that you need him or her to slow down and help you out. If you catch the dog’s attention on your way down a slope, you can make it a trip as a twosome, rather than as you trailing behind your dog. If you’re not confident that your dog is obedient enough it may be best to let them run off the lead. Remember the mantra ‘head over wheels’ to help you stay upright and perfect your stance.

**Always look ahead,  
never down.**

*I only skate  
with Hugo, in a  
park in the morning.  
If you haven’t got a park  
nearby, find a place that is  
low in traffic (people and  
cars) for your first outing.*

*Hugo understands that “walk”  
means he needs to walk and that  
“run” means it’s OK to go fast.*

**30**  
minutes  
once  
a week

NICKI & HUGO'S  
**top tips**

paw o'meter

