

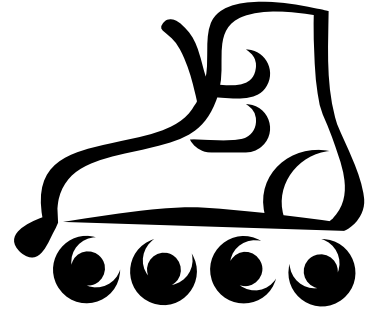
# Go Outside

## Rollerblading

### **What you need:**

1 pair of roller blades per person

1 helmet per person



### **How To Get Started**

Rollerblading is a great outdoor activity. There are many places to go including around your neighborhood or the local bike bath.

The important thing for rollerblading is a smooth surface like asphalt or concrete where you don't have worry about debris like rocks or sticks.

Start out slow but the more you go the better you will get.

Explore your town and all the fun places you can go gliding!