

It's more than just injury prevention

Looking after your body isn't just about avoiding injuries – it's about creating a sustainable relationship with movement. Physical wellbeing includes recovery, body awareness, confidence, accessibility, and enjoying skateboarding for years to come.

When we take a broader view of health, we create spaces where more people can participate and thrive.



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Recovery is part of progression

The unavoidable truth is that if you skate you will have to deal with injuries at some point. We can't swerve this completely but we can reduce the chances of it happening and learn how to care for ourselves when it does.

Rest, recovery, sleep, nutrition, and adapting your habits are all essential parts of improving your resilience and reducing injury risk. Giving your body time to recover isn't a setback, it's actually an investment in your long-term development.



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Listening to your body is a lifelong skill

Pain, fatigue, and changes in performance aren't always obstacles to push through – they're important signals to listen and understand. What is my body telling me today? Just because you landed a trick yesterday it doesn't mean you should force it today if it doesn't feel right.

Developing body awareness helps skaters make better decisions about training, recovery, and when to seek professional guidance/support.



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Inclusive skate spaces support healthier bodies and minds

Accessible, welcoming environments give people the confidence to move, experiment, and progress at their own pace. When people feel safe to listen to their bodies, try new things, and participate on their own terms, skateboarding becomes a powerful tool for both physical and mental wellbeing.



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Every body experiences skateboarding differently

There is no one-size-fits-all approach to movement. Age, gender, ability, hormonal cycles, injury history, and life circumstances all shape how people skate, recover, and build confidence.

Supporting physical wellbeing means recognising these differences and creating coaching and environments that respond to individual needs rather than expecting everyone to follow the same path.



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