

## THIS SUMMER!

*Will I take up Surfing or  
Stand Up Paddle Boarding?*

**Pro-Tips from**

**[SurfSkateFitness.com](http://SurfSkateFitness.com)**



Surfing is probably the most fun activity that is available to humans. But there is a steep learning curve (even on small waves), especially for adults. Good physical condition including cardio endurance, arm and core strength are a good start. To get the basics down (read the ocean, catch waves, pop-up, turn, kick out) you will need to spend a summer - surfing several days a week. For older adults, you will probably want to quit your job and abandon your family (recommended.) To ease the transition from non-surfer to surfer - start learning at an early age (like 10) when you are fearless and oh-so-flexible.

Another less taxing option to get on the water and reap the benefits of blue mind and nature enveloped exercise is Stand Up Paddle Boarding (SUP). SUP is accessible to almost everyone. On your first session you can feel successful, have fun, and get a good workout.

### ***As you develop your skills you can challenge yourself more:***

- 1) Go further (distance fitness paddling) example 5-10 mile paddles
- 2) Go faster (recreational racing)
- 3) Downwinders (paddling a distance with the wind at your back)
- 4) Winging (using a handheld kite to pull you on the board) related to Foiling (advanced)
- 5) Stand Up Paddle Surfing (advanced)
- 6) River rapid SUPing (advanced)

### ***\*SUP Offshoots:***

- 1) Attaching a kayak seat to a SUP to paddle in a sitting position
- 2) Fishing from a specialized SUP
- 3) SUP Yoga (hugely popular)
- 4) SUP Camping (Loading camping equipment on a SUP and traversing a body of water to camp overnight)
- 5) SUP Natural habitat excursions, observing / photographing (birds, seals, manatees, sting rays, whales, dolphin, crocodiles)

***\*PERSONAL*** (Only I do this): SUP Salvage operations – paddling to unpopulated shores and rescuing beached timbers and towing them back to base by SUP for up-cycling

**IMPORTANT:** Begin Surfing or Stand Up Paddle Boarding with at least one lesson from a professional or from an experienced friend. Learning safety protocols and proper technique before you go can help you avoid injury.