Health Benefits of Stand-up paddle boarding

What is “SUP”?  
- SUP is an acronym that stands for stand-up paddle boarding and is taking the water sports world by storm  
- SUP is quickly becoming the water sport of choice and is certainly one of fastest growing  
- Basically SUP uses a surf style board and a paddle, it is a mixture between surfing and canoeing

Low Impact  
- An additional benefit that SUP provides is that it is a very low impact exercise  
- It is unlikely that you will do any damage to the tendons and ligaments of your joints  
- With this type of sport it is possible to use up a lot of calories without damaging your joints

History  
- Stand-up paddle boarding has its roots where all board sports have their beginnings, in Hawaii  
- While originally made popular by surfing legend Laird Hamilton as he used the paddle to help him catch towing waves, SUP is not only surfing anymore. SUP can be done in a variety of forms such as on a flat water protected lakes to easy beach paddling, to open water paddling, and all the way to surfing waves  
- Stand-up paddle boarding is known as Hoe he'e nalu in Hawaiian language

How to get started?  
- Here is what I recommend for beginners wanting to get started  
- First, anyone wishing to learn to stand-up paddle board should go to their local SUP shop and take a lesson or rent gear a couple of times  
- Try out different boards and see what you like best  
- You can find great deals in the classified ads or many shops will have boards that have been traded in and willing to be sold

Yoga  
- There are numerous people that have been experiencing a new fitness activity on their boards, they are practicing yoga  
- Yoga adds an extra dimension of balance  
- The atmosphere that is associated with paddle boarding is far more pleasant and relaxing than being in a fitness studio

Core Benefits  
- SUP will provide you with a great core workout as well as almost every muscle in the body is used at some point  
- A large part of SUP is balance, your leg muscles will be hard at work attempting you maintain your balance  
- In addition, paddling utilizes your arms, back, and shoulders to propel the paddle board in the water

Health Benefits  
- The cardiovascular benefits are truly amazing, you will be able to substantially improve your levels of cardio fitness  
- This translates into many benefits for your body, including a decreased incidence of a heart attack, stroke, diabetes, and joint problems  
- SUP is a very relaxing way to relieve stress  
- I have personally found that SUP has been a great stress coping method for me, once I get out on the water I can literally feel my body and mind relaxing as I get into a paddling rhythm

When in doubt, paddle out!