Stand up paddle boarding is a good workout because it makes use of balance and strength to stay standing and get through the water. It is a full body, low impact workout.

- Core keeps one upright
- Legs used for stability
- Arms, back and shoulders used for paddling.

All muscles are contracting and working while one moves through the water. Since it is low impact, it is unlikely to damage tendons or ligaments.

Why use a paddle board?
- Alternative to surfing
- To practice yoga
- Stress relief
- Social activity

Paddle boarding connects one’s body with the water and it is a great way to engage the mind, muscles and spirit! It can be used for racing or leisure. Challenge the body, relax the mind and practice balance!

References:
