



IMMUNE SYSTEM

We will talk about 5 ways a good [SUP](#) lifestyle will help you to build up a stronger immune system and live a fun, safe, and stress-free life.

5 ways to use SUP as a Stronger Immune System

1: The Muscles move

When you already have a steady [SUP](#) routine, you know how good the [paddle board](#) is for muscle tone, core strength, and overall health. When you're new to SUP, you could be shocked by the intense paddling preparation that takes an hour.

Stand up paddle boarding gives you a good whole-body experience. Best of all, the core muscles really function. Often this practice also increases the health of the body.

2: Burn Calories paddle

We learn from our fans that the lockdown weighs a little heavier and is less going. SUP is your remedy if you have lately packed a few blocks.

An hour of paddleboarding will burn around 300 calories at the start, or up to 750 (or more) on strict routines, such as [paddle board](#) racing. Let's break down some of our favorite calorie-burning SUP practices.

Is an Inflatable Paddle Board The Best Choice?

SUP Surfing

SUP surfing definitely is calorie food. It's also an ability tester so you'll want to put this one on your list if you're the high octane paddler and haven't tried to surf with SUP.

In an active hour of surfing, about 750 calories can be consumed. If the surf is up, you could burn up to 1,000 calories!

SUP racing

SUP is a fun and exciting way to paddle. Naturally, this is a group activity and group SUP may be hard to manage with the lockdown. However, once you are ready for group SUP or a



nice, safe, family-friendly game, try the SUP run.

SUP racing can be conducted in a straight or obstacle format. You will work at least 700 calories an hour, depending on how fast and hard you paddle. Plus, it's fun! It's fun!

SUP Yoga

We know that several thousand of our fans are in SUP yoga. SUP yoga is a rapidly rising activity worldwide, and there is no wonder: it is a fantastic exercise for body and mind. It's a big calorie burner, too. You will burn around 400 calories in an hour or so of SUP yoga.

10 BEST PLACES TO PADDLEBOARD IN FLORIDA

3: Heart Safety Paddle

In improving your immune system, it's good to be healthy and lean, but don't neglect your vital organs. Your heart provides blood and oxygen to every cell in your body. A safe heart benefiting directly the immune system helps you fight viruses (like coronavirus) and other diseases such as cardiovascular disease and diabetes.

If you want to do something about yourself, it will operate on a healthy heart. You will be supported by a daily SUP routine.

4: Beat Stress

Excessive stress is bad for the heart and overall health. With social isolation, many of our fans record higher rates of tension, a lack of quarantine, income, and daily practice. The problem is that increased stress is bad for your immune system and your health.

Getting up and up is known to help relieve tension. What better way than a perfect day of paddleboarding?

Tip: In kayak mode, one of our favorite forms of relieving tension. There is a wonderful thing to slow down and paddle along a canopy stream to change rhythm and scenery.

10 & More SUP Yoga Beginners Poses

5: Sunshine & Vitamin D

Having enough vitamin D in the best of times is a struggle. The UK is not exactly known for



5 ways to use SUP as a Stronger Immune System

its constant sunshine days! Winter makes it even more complicated. But nothing makes natural vitamin D harder than quarantine from sunlight.

It is estimated that 40 % of people worldwide lack adequate vitamin D to maintain a healthy immune system. So, you 're not alone, if you're a little pale and weak on D. A vitamin pill can be popped or out, get on your iSUP and get natural vitamin D.