



SUP WORKOUT

We have written just a fantastic post on your body's more than 10 muscles while you paddle. Not only [SUP](#) boarding is included, but even sitting or lying on your board. Does paddleboarding really represent a solid practicing, however?

This is why paddleboarding is a Perfect activity

Paddleboarding is a great workout because it takes so much of your body. After all, these wonderful benefits are reaped:

- Exercise in nature rather than sitting in a stuffy gym
- Enhance the work
- Expand the versatility
- Let yourself flow into the flow
- Support your cardiac wellbeing
- Promote weight loss
- Get more vitamin D
- Reduce the burden
- Improvement of body power
- Stabilizing the seals
- Rising your fitness and stamina
- Have many ways to change your training
- Work your whole body

In this super comprehensive guide, the above 13 benefits are discussed and we can tell you how you can start to enjoy a healthier body today by [SUP](#) boarding. Continue to read, you definitely won't want to miss it!

Paddle Boarding 's 13 health benefits

You spend more time in the wild Where are you normally practicing?

It's probably in a gym if you're like most people, right? Either you wake up early in the morning and get your sweat inside, or you go to the workout center after work. The gym has windows, but if you aren't right at all, you don't get natural light, just the artificial fluorescent.



You may be lucky enough to have training equipment in your home. You may want to pull out your yoga mat and stretch and flex into a routine, besides hitting the weights. And if you work out at home, you 're all the time indoors.

Data from the Snow Brains Environmental Protection Agency (EPA) shows how we spend much of our lives indoors (93%). That doesn't give us a lot of time outside, which is a real disgrace. In addition to the advantages of sunshine (which will be discussed later in this article), outdoor time can be of great help to your wellbeing.

Including:

- Reduce fear by being in the area
- Provide sufficient sunlight to correct your inner clock
- A function to play in raising the effects of seasonal or SAD
- If we remain healthier, the phytoncides we inhale from airborne plants can give our immune system a jolt
- Working as a renewable energy source

There is also a link between outdoor spending and less discomfort. Harvard Health Publishing cites a popular study of a group of people who have only surgery. They got back in the room. Some participants had bright hospital rooms with a window while others had fewer light windows as they faced a wall.

More sunshine patients found like they had to more their pain medication because they experienced less pain. Yeah, all this in the sun for a little bit!

As [SUP](#) boarding is often done outside, the body will enjoy these various advantages repeatedly.

Improves the equilibrium

Although the above advantages can apply to any outdoor sport, here is one you specifically get from paddling: better balance.

If you read our latest post about your body's muscles when using the SUP board, it should not come as a surprise that a better balance is achieved. The very basics of paddleboarding insist on standing upright in unstable conditions. You may not leap in the ocean paddle when you first sail, but few bodies of water are entirely placid. The gentle tumbling and movement of the water is a constant challenge for keeping your equilibrium.



You'll need legs like tree trunks and a rock-style heart. It's all right if you go without paddleboarding as you will strengthen, tone, and balance your body as you ride more.

Before you ever choose a paddle, we recommend balancing on your [paddle board](#). It may sound like you're only on your board from an outsider, but it's so much more than that. You use every muscle in your heart (for example, your abdominal and back muscles) and muscles in your legs to stay upright.

If you want to complement your SUP riding with yoga, once you have paddle boarding, you find that you are a much stronger yogi. After all, you won't have a problem now balancing.

Your versatility is getting stronger, too much

When you think about doing yoga and being better at it, you also get more versatile by SUP boarding naturally. The way you have to arch your back and legs, raise your arms, and hold parts of your body straight while you paddle all of your body require great flexibility.

Again, it's all right, if you don't excellently at first because few qualified SUP boarders are born that way. The more you practice and stick to it, the more you will be able to raise your head a few degrees higher than you once did or arch your back a few weeks ago.

You can sustain this loosening of your body and even boost your degree of versatility over time by sticking with paddleboarding. This can be useful if you are ever riding in rougher waters than expected. For example, you could end up in the sea when the tides shift. You will change your body to paddle through the waves with better balance and stability without overturning your boat. The sense of accomplishment you will get is immense!

Fishing Paddle Board Tips For Success

It's easier to get a flow sense

Have you ever flowed before? This is a definition as well as a thought. When you are too absorbed in what you do, you lose track of time. All seems to come to you incredibly naturally. It's a beautiful feeling, but you can't push it. It's happening or it's not.

I get it by visiting the Thames river and not so much paddleboarding in the seas or in the lakes, where I essentially paddle around a small field. But you have a destination in mind on the Thames (or, I think, any river) and your paddle stroke is naturally more fluid and flows. Pure happiness!



Many sources say that being out of nature can trigger your creativity, which may allow you to enter this flow state. The thoughts do not only become one by one, but the flow of thought often puts you in a good state for zen meditation.

Also, during a state of zen meditative flow, you can enjoy a better sense of cognitive function, concentration, and mood. Your memory may expand as your empathy can increase. See if you can get into the flow the next time you ride on your [paddle board](#). Like we said before, this is not assured, but you will feel so much happier when it happens.

Your heart is healthier. Healthier

We believe it's fair to say everyone wants a healthy head. In particular, disorders such as hypertrophic cardiomyopathy, cardiac attacks, myocardial infarction, coronary artery disease, arrhythmia, and congenital heart disease frequently lead to death. This is especially true.

Ordinary exercise is one way of improving heart safety, but it's the low-impact workout that you get when you [paddle board](#). The Adventure Junkies notices that your cardiovascular system will be better if you paddle for 15 minutes a day.

In comparison to the workouts at the gym, paddle boarding also does not always have to be high-intensity. If one day you don't want to work too hard for yourself, that's regulated by you. For starters, the day before, you might have sore muscles. Then you swim quickly and naturally.

If you want to join the SUP race or at least go up in speed, you will enjoy a higher intensity workout that pushes your blood and makes your heart more stable.

You're required to lose weight

If you want to lose a few pounds, you would probably hit the gym and work harder, right? That means spending all this time indoors, as we have said before. You can also lose weight through paddle boarding.

How much weight depends on your paddling speed. Nixy Sports has developed a fascinating chart showing how many calories you burn on your [paddle board](#). For the data in the table, the average weight is between 160 and 200 pounds.

At least an hour must be spent on the board to consume these calories:



- Paddle boarding: between 305 and 430 calories
- Touring: between 615 and 708 calories
- Yoga [paddle board](#): 416 to 540 calories
- Surfing the row with paddles: 623 to 735 calories
- [Paddle board](#) racing: 713 to 1,125 calories

Yeah, that's right, in an hour of paddling, you will potentially burn more than 1,000 calories. Now, it's important to remember that if you're riding at a racing rate, you have to maintain this tough pace for 60 minutes to torch many calories. If not, you probably don't eat as many calories as you can. Even if you paddle just half the time at that pace, you still have a lot of calories to torch.

You could have reduced SUP boarding as an activity that could burn 200 calories an hour. While that is true for others, even though you maintain a leisurely pace for an hour, you can burn 400 calories faster.

To outside mean to get the normal source of vitamin D

Our body requires protection and survival minerals and vitamins. You can get these vitamins most of the time from your diet. Just one vitamin can be derived from the sun and vitamin D.

Vitamin D can naturally come from foodstuffs such as egg yolks, cheese, liver of beef, fortified soy milk, orange juice fortified, salmon, mackerel, or tuna. You might take a supplement, too, but it's dull! Then don't you spend some time outside?

You need more vitamin D in your life like yesterday if you want to avoid diseases like multiple sclerosis, type 1 diabetes, and some cancers.

All right, so how does the sun give us our vitamin D source? This is a good question. It is a good question. The sun's rays supply the nutrient that our skin then synthesizes while outside. Even if you are wearing sunblock you can still enjoy the many benefits of vitamin D, so don't forget skin protection.

In not consuming enough vitamin D, the study showed that you have a greater risk for Alzheimer's and other neurodegenerative disorders, osteoporosis, disease of chronic fatigue, fibromyalgia, insomnia, high blood pressure, diabetes, and obesity.

Although it takes a long time to develop these illnesses, you will also have health issues in the shorter term. Such symptoms may arise in symptoms such as muscle aches, hair loss,



slower wound healing, depression (not necessarily psychiatric depression), back pain, fatigue, and more common risk of infections or diseases.

How SUP Reduce Stress

You may remove the vitamin D deficiency in your life by paddle boarding. However, you can benefit from the benefits of this vitamin, many of which are present. Including:

- Promoting cell connectivity and cell growth management. A vitamin D hormone called calcitriol may potentially affect the growth of cancer by preventing the spread of cancerous tissue and blood vessels.
- Maintaining the wellbeing of a woman during pregnancy. Women with adequate vitamin D can be less likely to have a C-section and develop preeclampsia based on Medical News Today data. When pregnant women monitor their use of vitamin D after birth, their children may prevent food allergies. Women are also less likely to get bacterial vaginosis and gestational diabetes mellitus.
- Enhancement of the welfare of children and young children. Babies are more at risk for developing eczema, atopic dermatitis, asthma, and allergic disorders because they are not enough vitamin D.
- Keeping good form of the bones. While calcium is mainly associated with vitamin C , vitamin D maintains regulated our levels of phosphorus and calcium. Adults without sufficient vitamin D can get osteoporosis or a bone softening disease called osteomalacia. Children may develop rickets, another disease of the bone.

You will get rid of stress

Stressed? Stressed? The real question is, which isn't it? While there are many daily stress-busters out there, one you don't hear nearly as much is boarding paddles.

It works, however! The magnificent environment around you will ease your fears and put your issues into perspective. When you try to balance and swim against flowing water effectively, the release of endorphins comes with the rush of adrenaline. Endorphins, known as thrilling hormones, increase our happiness with us. For a brief time, endorphins may also reduce pain, or at least our ability to experience it.

When putting these advantages together, every time you pick up your sheet, you get an experience that will reduce the tension.



Your body is going to get stronger

Creating body strength is something you can do at the gym, but the boy takes a lot of time. Wanna use your legs? You've got to touch a dozen legs. Your arms? Your arms? Go to lift any weights or do better-ribbed arms devices. When you want to concentrate on your back, stomach, and thighs, you have to train each muscle on a bunch of exercise machines individually.

You may have lost hours and loads of your strength for the day by the time you're done. Then tomorrow you have to turn around and do it again. This is exhaustive! It is overwhelming!

As you know, SUP paddle boarding depends on every muscle in your body when you read this blog. You can spend an hour or two doing two things instead of going from one machine to another for hours: balancing yourself and flipping on your SUP board. The more you do, the more your whole body gets stronger and more toned.

The knees are going to be stronger

While it happens more in older people, joint pain may start at the age of 18 or younger. Osteoarthritis and arthritis are the most common joint conditions. When you have steep knees, the endurance is not what it was once.

One thing you should do to keep your joints safe is to ride a [paddle board](#). You build more mutual support by balancing your body. Your lower legs and foot joints are especially helpful. It is because standing on the board is no different than what the athletes will do when they undergo physical therapy for joint injuries like plantar fasciitis.

Having said that, we will advise you that you must learn the right paddle boarding strategies to reap the benefits of healthy joints. That's for you to do, stand on your board and paddle. If you don't, you can accidentally weaken your joints while riding SUP without mentioning a lot of pain.

You will increase your stamina and endurance

Most people want to be the guy or the woman of the marathon, but how do you get there? It can be an enormous uphill walk without stamina and toughness. In challenging circumstances, you can both tolerate and continue to paddle long distances on your SUP board or travel for many hours. You should find your best stamina and toughness easily in



other aspects of your life. For example, if you enjoy running, you might jog with the durability that you have built up through SUP.

That said, you won't get it instantly. Five minutes will feel like 40, during your first ride on your [paddle board](#). You're going to swim around a little and your weapons are on fire. Your body and legs will be aches, not only that day but the next morning when you wake up too. You should feel windy and eager to return directly to the dry land.

All of this is really natural, so don't worry too much. Developing the strength and stamina needed to sustain long exercise in any form of athletics comes in regular practice sessions. When you keep driving, you can find that it's easier to sit on the sea for 15 minutes, then 20 minutes, and then 30 minutes without getting tired.

What To Wear to Paddle board

You don't have to wait 40 to 60 minutes, or even longer on your [paddle board](#) and still have some time to spare before you know it. This may mean even longer riding times, such as training for a SUP race or simply realizing how pleased you were to boost your stamina and endurance by paddle boarding.

You have almost endless ways of modifying your preparation

You probably were overwhelmed by all the machines you saw when you first went to the gym, right? There were so many of them, and you didn't even know what they all did. You have studied most of these machines inside and out over time. You may even be acquainted with them all.

Now, there's no excitement when you workout. You can keep this news much longer with SUP riding. Besides SUP surfing, there are other things you can do on a [paddle board](#). Now, let's go over some of these, are we going to?

- Practice your balance by standing upright somewhere-
- Meditation in which you can interact in the beauty of nature with your spiritual hand.
- SUP Yoga for more seasoned yogis who are searching for something different
- Kneel down riding the canoe, sitting down on your knees and paddling your arms
- Lie-down board paddle, you lie on your back, and use your arms to paddle again-
- Paddleboard Racing, an endurance sport allowing you to keep your pace constant over time



As you can see, you can change your workout in countless ways if you get sick of SUP paddleboarding, until it is more fun and enjoyable to you. And while you can also adjust the order in which you do things in the gym, does SUP riding benefit from the gym? You can also turn your scenery when boarding paddles.

Perhaps you feel a little sleepy, so you choose to paddle on a lake. For the days when you are looking for challenges and adventures, you reach the sea. Any two bodies of water are exactly the same, and you will discover all kinds of water on your [paddle board](#) in your neighborhood and the communities around. You can even plan road trips to get somewhere new to ride SUP.

There's no shortage of options for those who bored while exercising the same old man. What about the versatility?

You receive a full-body training

Last but not least, it is a benefit we've already touched on many times in this post. We have also recently published a blog post completely devoted to it. In many words, how many muscles you work when you board SUP.

From the head down, the hands are often used as you push the paddle. When you kneel, lie down, and paddleboarding, it is important that your shoulders be balanced if you want to hold your head up and gently crack your back.

The arm and the hand muscles are both working hard. During the SUP, you must hang on to your paddle and keep your arms going continuously. Whether you're sitting or lying on the [paddle board](#), your arms will become a strong paddle! Try to see for yourself.

The back plays a major role in the equation to stay balanced. The same goes for your heart, which would be a lot difficult (if not impossible) to manage without this power. You must also rely constantly on your legs and feet to support you in difficult riding conditions.

Each time you go to paddle boarding, you'll work your whole body whether you stand up, kneel or lie down on your chair. And do the same in the gym, as we said before, you had to spend hours going from machine to machine. This is a huge project you do not have. Alternatively, it is much easier to go paddleboarding!



Questions relating to this

Should you have to wear paddleboarding shoes?

Unless your paddleboard doesn't have any grip at its top (and should), you won't need to wear shoes when sailing. That said, you can easily cold your bare feet as temperatures colder. Neoprene boots are recommended in this situation.

Why does paddle boarding hurt my feet?

It's probably because you're pretty fresh on your ankles or feet as your [paddle board](#). This exhaustion also affects beginners as their bodies calm down and stay upright.

We have already written about this, so you want to make sure your leg and foot relax when you are standing and balancing. You don't want them so loose that you just slip off the paddleboard, but also don't pull the tight muscles. You can flex and dig your feet accidentally, believing that it will help with your balance.

The practice is going to make here perfect. As you practice more balance, you can relax easily and alleviate a lot of pain.