



IN ADDITION TO MULTIPLE BENEFITS WHICH ARE LISTED BELOW, PADDLEBOARDING OPENS UP A WORLD OF NEW POSSIBILITIES OUT ON THE WATER

1. **FLEXIBILITY:** One of the amazing things about paddle boards is that they can cater to any preference - you can stand, sit, lie down, dance, exercise, have a cup of tea on it while watching the sunset.
2. **BALANCE:** To maintain balance while paddleboarding, your body engages all your core muscles. Balancing on a board on water requires the engagement of your whole body.
3. **REDUCES STRESS:** It is a well-known fact that simply being near the water reduces your stress. In addition to being on the water, stand-up paddleboarding facilitates the releasing of endorphins and serotonin in the brain loosening the grip of stress on you.
4. **FULL BODY WORKOUT:** One of the best workouts you can have in an outdoor sport. Paddleboarding is total body-engaging activity, and it is loads of fun.
5. **STRONG CORE:** Yes, paddleboarding is a full-body workout, but the real hard work comes from your core. With the body of water changing around you, the core muscles- including your abdominals, obliques, and back- will be engaged to improve balance and increase endurance. It is a well-known fact, that athletes with higher core stability have a lower risk of injury.
6. **LOW IMPACT WORKOUT:** The last thing you need to worry about SUPing - it is about injuring your ligaments, tendons, or muscles as SUP is a very gentle, low-

impact activity. It will help increase strength gradually without causing further harm as it is quite gentle on joints and muscles.

7. **WEIGHT LOSS:** A leisure paddler can expect to burn through anything from 300 to 450 calories every hour.
8. **BOOST YOUR CARDIOVASCULAR SYSTEM:** Paddleboarding involves a full-body workout that stimulates your heart and makes it beat faster and more powerfully. It is beneficial to your cardiovascular system. When your heart's stimulated, your blood will flow faster.
9. **CONNECTION WITH NATURE:** Paddleboarding allows you to be immersed in nature. On a board, you are given the chance to experience the ebbs and flows of streams, lakes, and oceans. As water laps at your feet, you can experience nature on a more intimate level. While standing on the board, you can see more - school of fish swimming under your board, sea lions or seals hunting salmon, sea or river otters.
10. **IMPROVE MENTAL HEALTH:** While paddleboarding, you are constantly required to be totally focused. You will need to be aware of your surroundings and movements to keep yourself steady on the board and avoid accidents. This is a great way of diverting your mind from any form of stress that might be affecting other aspects of your life.
11. **PROMOTE HEALTHY SLEEP:** Fresh air, water, exercise will help to improve your mood in the day and get your body tired. A good mood and a tired body can help one fall asleep quickly at night.
12. **IMPROVES YOUR POSTURE:** Paddleboarding can help alleviate the strain you put on your posterior chain and spine. The actions and movements required to keep you upright serve to strengthen the muscle groups that are responsible for maintaining a good posture.
13. **BETTER IMMUNE SYSTEM:** Paddleboarding seems more enjoyable on sunny days, so while you are enjoying the exercise, you are getting your healthy dose of Vitamin D. This is one of the most important immune system-strengthening nutrients that can reduce the risk of colds and flu.
14. **SALTWATER BENEFITS:** Well, if you had a rough day on the ocean and your balance fails you, there are benefits to be saltwater exposes your body to important minerals such as magnesium, sodium, calcium, chloride, and sulfate.
15. **RANGE OF POSSIBILITIES:** From cruising streams and rivers to open water crossings the sky is the limit. Speaking of the sky, if you ever wanted to paddle on a high mountain glacial lake why not carry an inflatable SUP on your back and make that dream into a reality. The range of possibilities spans the entire spectrum from ability to budget, to the activity type. The choice is in your hands.

Tips from Starboard Team

1. Why wear a leash?

<https://sup.star-board.com/paddleboarding-how-to/why-wear-a-leash-stand-up-paddle-boarding-safety/>

2. How to best load your SUP

<https://sup.star-board.com/paddleboarding-how-to/sup-tips-how-to-best-load-your-paddle-board/>

3. Great tips for beginner, intermediate and advanced paddlers from the Starboard team

<https://sup.star-board.com/how-to-paddle-board/>

Tips from Atoll Boards Team

1. How to take care of your inflatable SUP

<https://atollboards.com/paddle-board-blog/2021/3/2/how-to-take-care-of-your-sup-so-it-will-last-what-not-to-do>

2. Five tips to SUP beginner

<https://atollboards.com/paddle-board-blog/2020/12/17/5-tips-for-the-sup-beginner>

3. 5 Reasons ISUP is the great gift for the holidays

<https://atollboards.com/paddle-board-blog/2020/12/17/5-tips-for-the-sup-beginner>

4. Paddleboard checklist - what do you need for a day of fun

<https://atollboards.com/paddle-board-blog/2019/7/15/paddleboarding-checklist-what-you-need-for-a-day-of-fun>

Learn with Cascadia SUP School how correctly install and set up your paddleboard

<https://www.cascadiaboardco.com/pages/sup-school>