

7 Amazing Benefits of Paddleboarding



It is said that modern paddleboarding was invented by a surfer that as they got older started bringing a paddle with them because they had a hard time getting up and down from their surfboard, so they would just paddle around instead of surfing. It is still popular amongst the surfing community, but can also be a good training tool for those who wish to learn to surf.

There are many benefits of paddleboarding, most of them being health benefits. There is also the aspect of fun and adventure! Check out all of the cool bonuses of paddleboarding then get on out on the water and splash around.

1. Balance Benefits of Paddleboarding

Of course, you could sit down, kneel, or lay on your board. But, it is called a stand-up paddleboard because that is the main idea of it. Learning how to stay upright will improve your balance and give you a good full-body workout.

Worried if you will have enough balance to get started? Try it on dry land before you even put it

in the water, [use your paddle](#) to get the hang of the motions. You should eventually build up your balancing skills.

2. Get A Rock Solid Core

Looking to get a stronger core or rock-solid abs? Spending a few hours per week on a paddleboard can definitely help you out in hitting your goals. Don't worry if you do not have a strong core to start with, you will still be able to paddle and your muscles will build up over time giving you better stability, less back pain, and prevent injuries from occurring.

3. Find Your Water Legs

To coin a sailor's term, [getting your "sea legs"](#) means to find the balance you need while on the water. To learn to move with the water is a tricky skill that does not come naturally to most people. Expect to fall a few times (at least).

4. Serious Cardio Sesh

You can burn some serious calories while paddling yourself through the water. Especially if you are on rougher waters, or have boats zooming by, creating a wake, and forcing you to make more of an effort to stay afloat. A paddleboarding workout is like a full gym session.

5. Boost Your Stamina

Being out on the water, using your entire body to balance and paddle is an exercise in the physical aspect and also tests your stamina. We often do not realize how far we have gone, or how long we have been paddling for before it is time to head back.

It is recommended to go for short trips until you understand how much energy you will need, how much paddleboarding takes out of you, and how far you physically can go at the skill level you are currently at. There's nothing like getting to a destination and being stranded there because you don't have the stamina to make it back to your starting point, or a cellphone to call for help.

6. Gain More Confidence

You will gain more confidence by growing stronger, becoming more capable of longer paddles, and doing different things on your board. Self-esteem and more confidence happen when you get better at a sport, no matter what age you are.

7. Join The Elite SUP Club

Ok, so SUP is not just a slang term for a greeting. It means "stand up paddleboard." Now you know.

Competitions are often held within the SUP community. Can't find a competition? Gather your own paddle gang and organize a time and place to meet up for some group fun!

Who Can Paddleboard?

This sport is for all ages and sizes. There is no special permit or license required, but you must have permission to be on the body of water where you are paddling. Other than that, you might want to watch a video tutorial or have a friend with experience give you some pointers and maybe a hands-on lesson.

People even enjoy bringing their dogs to paddle board with them once they get the hang of it. Paddleboarding yoga, Paddleboard exercise, learning tricks, and paddleboard fishing are activities that you can add once your skills are up.

Don't Forget

[REI suggests](#) dressing for the water temperature, not the air temperature which is a great tip just in case you fall in or end up getting splashed from a passerby or your own paddle. Don't forget to go through this handy checklist before jumping on your board:

- Sunscreen
- Water to drink
- Wetsuit if it is cold
- Whistle for emergencies
- Headlamp in case it gets dark
- Pump for inflatable boards
- Fin
- Paddle
- Board
- Leash

The easiest way to bring your gear is in a light backpack. And, don't forget to enjoy yourself!

Where Can You Paddleboard?

Until you grasp the basics of paddleboarding, calm waters are the best. After that, you can take your board from calm lakes to something with a bit more movement, if you'd like. Lakes, ponds, rivers, bays, and oceans are all fun but remember that however far you paddle out, you will have to save enough energy to paddle back to shore!

As for the best time of year to take out, your board depends on your preferences and the weather in the area you are in. Again, paddling on public waters, or with permission on private property is always suggested. And, watch out for wildlife!

Types of Paddleboards and Accessories

You will need a paddle and a board for this sport, obviously. There are two main types of paddleboards.

[Inflatable paddleboards](#) have become popular due to their portability, ease of storing, and being lightweight. Traditional boards are made of carbon fiber or fiberglass and epoxy, they tend to be more durable but are heavier and harder to store.

Which Muscles Does SUP Boarding Work?

The board itself usually weighs around 30 lbs and is sometimes awkward to carry. Inflatable boards weigh less. For beginners, they will feel the next day which muscles they have worked on. Almost a complete body workout, stand-up paddleboarding works the legs, core, upper body, and back muscles.

Get Out There

Besides being a ton of fun, the benefits of paddleboarding are getting great exercise, and it can be quite calming to be out on the water. Are you in the market for your first paddleboard, accessories, or a new board? The experts at [Splashy McFun](#) have you covered, click on over to surf the site for some first class paddleboards and other wonderful water toys and water sports articles.

Related Articles:

- [Stand Up Paddle Boarding: A Beginners Guide](#) ([Download](#))
- [7 Things to Know when Buying an Inflatable Kayak](#) ([Download](#))
- [How to Choose the Best Inflatable Kayak for Your Needs](#) ([Download](#))
- [6 Advantages of Inflatable Kayaks](#) ([Download](#))

