

For an energizing workout, take it outside

March 14 2019, by Len Canter , Healthday Reporter



(HealthDay)—As the weather starts to warm up, you might be excited to restart a swimming routine, but swimming isn't the only water sport that's also fun exercise. Many activities that used to be vacation-only

pastimes are more accessible than you might realize.

If you're a fan of rowing, either the real thing or with cardio equipment that simulates the movement, consider canoeing and kayaking. Both activities provide a terrific upper-body workout. The differences between the [boats](#) and the paddles might lead you to prefer one over the other.

With a canoe, you either sit on a seat or kneel. The boat is open and usually made for two or more people, so it's a good choice for family outings. To paddle, you typically alternate sides every few strokes.

A [kayak](#) is a type of [canoe](#), often made for one person. You sit on its floor with your legs stretched out and use a double-ended paddle for alternating strokes.

For a completely different experience, there's stand-up paddleboarding, which delivers a full-body workout. You stand on the board at all times, great for improving balance and strengthening legs, and use a paddle to move through the [water](#). You can do it on calm water if you don't want to ride waves.

Of course, if you're a landlubber, there are many indoor activities you can move outside in [warm weather](#). Besides walking and biking, yoga and tai chi are perfect for doing outdoors, and you need only a minimum of space.

More information: The American Council on Exercise has [a guide to outdoor activities to change up your workout](#).

Copyright © 2019 [HealthDay](#). All rights reserved.

Citation: For an energizing workout, take it outside (2019, March 14) retrieved 20 March 2024 from <https://medicalxpress.com/news/2019-03-energizing-workout.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.