

For an energizing workout, take it outside

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(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](#).

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