



Lake Exercises



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WATER IS A PERFECT PLACE TO EXERCISE IN THE HEAT AND OF THE SUMMER AND LAKES OFFER SO MANY POSSIBILITIES TO GET YOUR EXERCISE IN.

Some of the benefits of exercising in the water are weight loss, injury rehabilitation, improvement of arthritis, and so many more. So if you're planning a trip to the lake this summer try some of these fun activities!

- **Swimming** or treading water is a great way to work the cardiovascular system. Swimming can burn 400-500 calories or more per hour, depending on the intensity and your current weight. I always feel so refreshed after a swim and I can really feel my heart rate elevate. Free style, back stroke, or butterfly, try them all!
- **Water Skiing and Wake-boarding**- Both take a lot of core control and balance. If you have never tried it before be prepared to fall, a lot! But smile in the process, it is a lot of fun and the perfect activity to do with your friends.
- **Stand Up Paddle-boarding (SUP)**- is a lot of fun and a great upper body, core and stabilization work out. As the sport is getting increasingly popular, you can usually find a location to rent a SUP pretty easily at most lakes and harbors.
- **Kayaking and Canoeing**- both kayaking and canoeing are low impact sport that can improve your aerobic fitness, strength, and flexibility. They increase your cardiovascular fitness, torso and leg strength, and there is a reduced risk of wear and tear of joints and tissues, since paddling is a low impact activity