

Get Fit Kayaking

Kayaking is emerging as a popular recreational activity in India, but did you know it could also give you a great aerobic workout and exercise many of the main muscle groups in the body?

Here's a quick guide to the top five ways in which kayaking could help boost your total body fitness.

Improve your cardiovascular condition When your muscles work, they burn oxygen. Paddling a kayak will make you breathe harder than usual and increase your heart rate, which will increase your body's ability to use oxygen and deliver blood to your muscles. The result? Your heart will be happier, and you will be healthier!

Strengthen your upper body Placing the paddle in the water and executing a good forward stroke is going to use most of your arm and shoulder muscles, and enhance your grip strength. In one hour kayaking at 5 mph you can do around 2500 repetitions of low impact upper body movements,

which will improve your muscle shape and strength.

Work on your core strength Kayaking isn't all about upper-body strength - paddling concentrates as much on the core abdominals and back as you twist and transfer power through the paddle. So kayaking is a great way to tone up your torso.

Reduce your body fat Moving a kayak at about 5 mph can use around 400 calories per hour - more than cycling or an aerobics class - a weight watcher's dream!

Improve your mental health Your mind needs training just like your body. When kayaking you need to set goals, focus, and make quick decisions about your journey. But it's not all hard work - spending time on the water, watching the surrounding scenery, will also help you relax and unwind.

This month, some of the world's leading kayaks will be on display at selected Gold's Gyms - brought to India by Yaka, a specialist provider of quality adventure sports equipment.

Yaka is selling a range of kayaks for every type of paddling experience - rivers, lakes, backwaters and the beach. You can buy online and become a Yaka member to get advice and to meet others enjoying adventure sports around India at www.yaka.in

