Benefits of Surfing

Most people who take up surfing do it for the thrill. However, did you know it also provides lots of great health benefits? If you’re thinking of taking up this adrenaline pumping hobby, here you’ll discover just some of the benefits that await you.

The health benefits

Surfing provides so many benefits for your health, it would take a really long time to list them all. So, let’s look at some of the best health benefits you can expect:

Firstly, it’s fantastic for the cardiovascular system and the heart. When paddling, you’ll mainly use the muscles of the upper body, while when riding you’ll primarily use the leg muscles to keep your balance as you ride the waves. This provides a great cardiovascular workout.

As it’s done outdoors and usually in warm, sunny weather, you’ll also get a good level of Vitamin D. This helps with cell growth, it keeps the bones nice and strong and it also helps to keep the phosphorus and calcium in the blood.

If you struggle to sleep, you’ll particular love the sleep inducing benefits of surfing. There’s been quite a few studies into exercise and its effects on sleep, proving that regular exercise including surfing, can help to eliminate sleep troubles such as insomnia.

Finally, it’s excellent for mental health. Exercise alone has so many benefits in terms of mental health, but as surfing is also really enjoyable, it really helps boost the mood. You’ll feel fantastic after you’ve ridden a few waves.

So, those are the biggest health benefits surfing delivers, but it doesn’t stop there.

Other benefits of surfing

As well as the health benefits, surfing is also a great way to get out and enjoy the outdoors.

So much time these days is spent in front of a screen, whether it be a laptop, smartphone, or computer screen. This can have a really draining effect on the brain. Getting out of the house, enjoying some fresh air and getting to enjoy nature at its finest makes surfing one of the best exercises you can do.

You’ll also find yourself part of an awesome community. Surfers are typically a friendly bunch so if you’re looking to meet more like-minded people, surfing can help. You’ll even find dedicated surfing clubs where you can meet up, talk about surfing and head out on specialized surfing trips.

Overall, surfing isn’t just fun – it’s great for your health and wellbeing too. These are just some of the benefits you can expect, but as you’ll soon discover once you hit the waves, there’s plenty more!