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TRAVEL

Saturday, March 12, 2011 F9



Fitness instructor Denise Shamus, right, leads a fit-yo class at the Fairmont Chateau Hotel on Maui's Big Island. Suzanne Moughtin, center, and her daughter, Izzy, also participate in the class.



Suzanne Moughtin practices stand up paddle boarding in the calm water in front of King Kamehameha's Beach Hotel in Kula, Maui, Hawaii.

Stand up paddle boarding booming

Hawaii the perfect spot to try new sport

WATERSIDE ADVENTURE

By Joe Giamberini

If you like trying a new sport, but all the more so if you're in Hawaii, you're in luck. Stand up paddle boarding (SUP) is the latest craze in the islands. It's a fun, low-impact activity that's perfect for all ages and fitness levels. The sport involves standing on a long, narrow board and using a paddle to propel yourself across the water. It's a great way to enjoy the outdoors and get some exercise at the same time.

When we're stood up on the water, we're in a great position to enjoy the view. The water is so calm, it's like a mirror. You can see the sky, the clouds, and the surrounding landscape. It's a peaceful and relaxing experience. The boards are made of lightweight materials, making them easy to maneuver. They're also stable, so you can stand on them without worrying about falling. The paddles are long and thin, allowing you to reach back and forth easily. The sport is perfect for anyone who wants to enjoy the water without the risk of surfing or windsurfing.

Stand up paddle boarding is a fun and easy way to enjoy the water. It's a great way to get some exercise and enjoy the outdoors at the same time. The sport is perfect for all ages and fitness levels. It's a low-impact activity that's perfect for anyone who wants to enjoy the water without the risk of surfing or windsurfing. The boards are made of lightweight materials, making them easy to maneuver. They're also stable, so you can stand on them without worrying about falling. The paddles are long and thin, allowing you to reach back and forth easily. The sport is perfect for anyone who wants to enjoy the water without the risk of surfing or windsurfing.

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Stand up paddle boarding isn't just for the water. It's also a great way to enjoy the outdoors and get some exercise.

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