



BrainFit
Exercise for body and mind

Exercise Physiology

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Stand Up Paddleboarding

and Kayaking
Stand up paddle boarding can provide
the following health benefits:

- Great activity for improving balance
- Full body workout
- Low impact activity in nature
- Reduces stress and relax in beautiful surroundings
- Useful for rehabilitation of injuries
- Improves muscular endurance
- Improve cardiovascular health



Accredited Stand Up Paddle
Board instructor with ASI

Huskisson
Tues 9.15 am
Burrill Lake
Weds 3.15 pm

For more information visit
www.brainfitexercise.com.au
or phone 0406677144

