

A man with long brown hair and a beard, shirtless and wearing blue patterned shorts, is captured in a dynamic pose on a sandy beach. He is holding a white volleyball bat with both hands, ready to hit a yellow volleyball that is suspended in the air. The background shows the ocean waves and a clear blue sky. The text 'play your way to a beach-workout' is overlaid in a large, blue, sans-serif font, with 'your way' and 'to a' in a smaller size and slightly offset to the right.

play your way to a beach- workout

If you want to get beach-body fit this summer, but the prospect of sweating it out at the Gym looks too much like hard work, then fear not. Research shows that although often dismissed as frivolous fun, beach games can also be a highly effective form of exercise. Jessica Cross gives you the perfect excuse to play all summer long.

bat & ball

Bat & Ball is a classic beach game and according to recent reports it's set to be one of the latest fitness regimes to sweep the Californian States this Summer. Apart from the obvious cardio benefits, the game also keeps your brain nimble by improving your hand to eye co-ordination, and a 20 minute match can burn up to 200 calories whilst working your glutes, quads, hamstrings, shoulders, biceps, triceps, abs, and back muscles. With benefits like this it's hardly surprising that it's a beach favourite.

beach volleyball

First played in Santa Monica in the 1920's, beach volleyball has grown from a pastime into an Olympic sport. But you don't have to be a professional athlete to partake in a game; all you need is a ball, a net and a few willing participants. The great thing about beach volleyball is it's a real team sport, making it perfect for larger groups and great family fun. Most of the key moves used in volleyball strengthen your core muscles, shoulders, biceps, triceps and lower back. A game of Beach Volleyball can burn over 500 calories an hour.

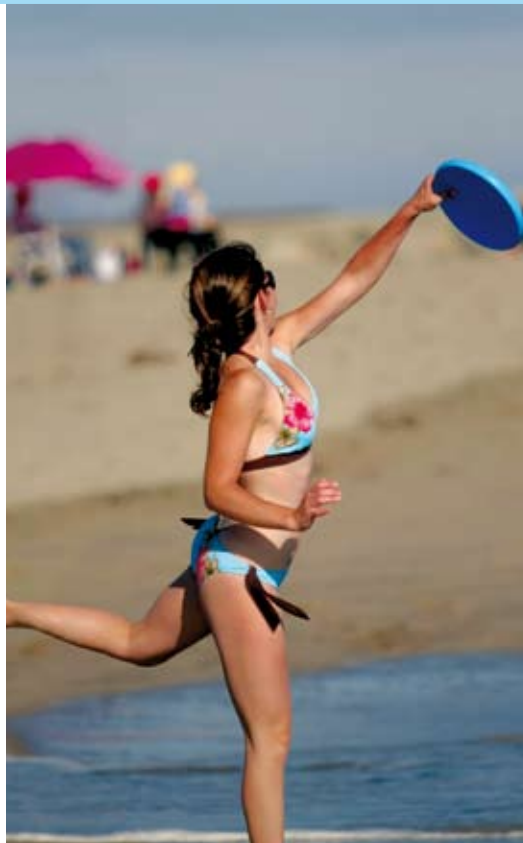


beach football

If you're a fan of the beautiful game, then a match of beach football is perfect for you. Football is a total body workout that provides excellent cardiovascular benefits as well as building great core strength and working the buttock, upper and lower leg muscles. In addition to this the sideways motions and short sprints back and forth, especially on soft sand, help strengthen and tone inner and outer thighs. Just half an hour of beach football can burn a whacking 300 calories, even more if it's a warm day!

frisbee

Frisbee is the cheapest and easiest beach game of all. It requires just one piece of equipment and can be played on sand, in the water, on the grass - virtually anywhere. Burning around 175 calories an hour, a game of Frisbee works your upper back and arm muscles, plus if you have to run to catch it, it can also provide good cardiovascular conditioning. The addition of water not only ups the fun factor but gives your muscles added resistance and burns even more calories. So why not have a game or two with the kids during your summer break.



Whether you challenge your family to a Volleyball match or just enjoy a quick game of Bat & Ball with your partner, you'll be having fun and benefiting your health all at the same time! Now, who's for a spot of Frisbee...

(Calorie burn based on 135lb person)