

Let's talk about...

SURF



“**Surf** is a sport that connects **physical activity** and **nature enjoyment**.

These two characteristics indicate the potential that this activity represents in terms of **healthy life styles.**”

SURF

it's a sport where you can be close to nature and experience several feelings...

from the peaceful embrace of nature or the thrill of adrenaline in a

So, we can go from...

SURF



learnin

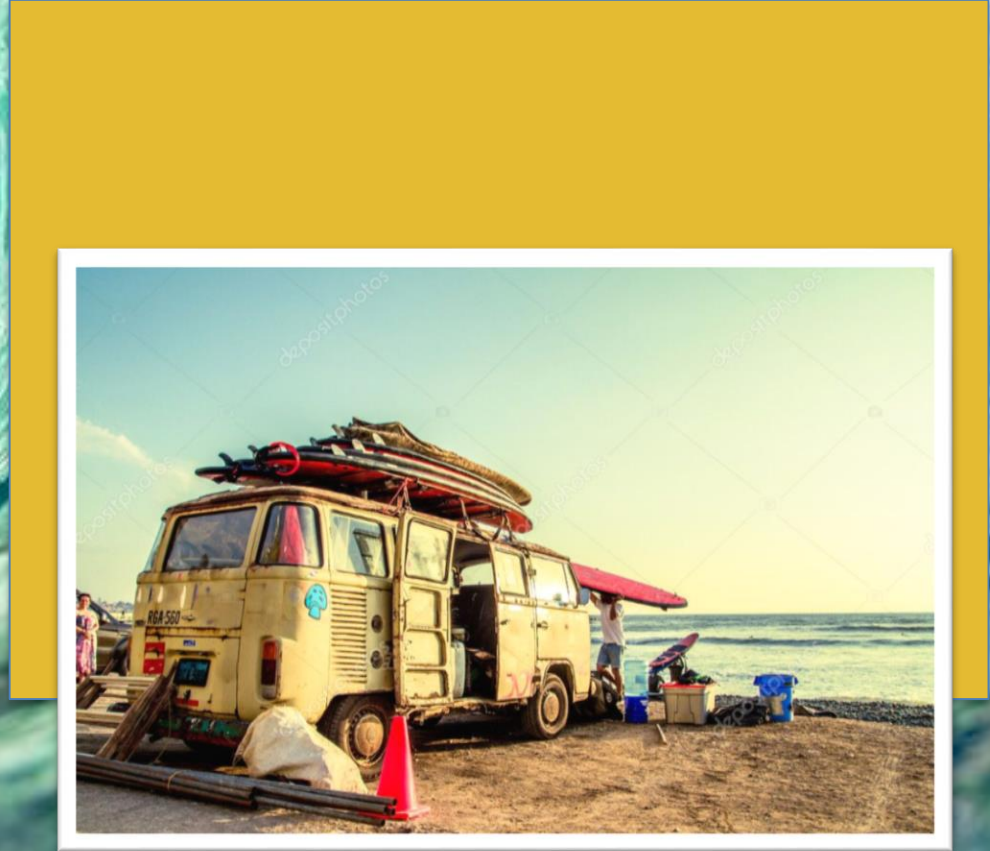
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hobby

competition





Way of
living

But...

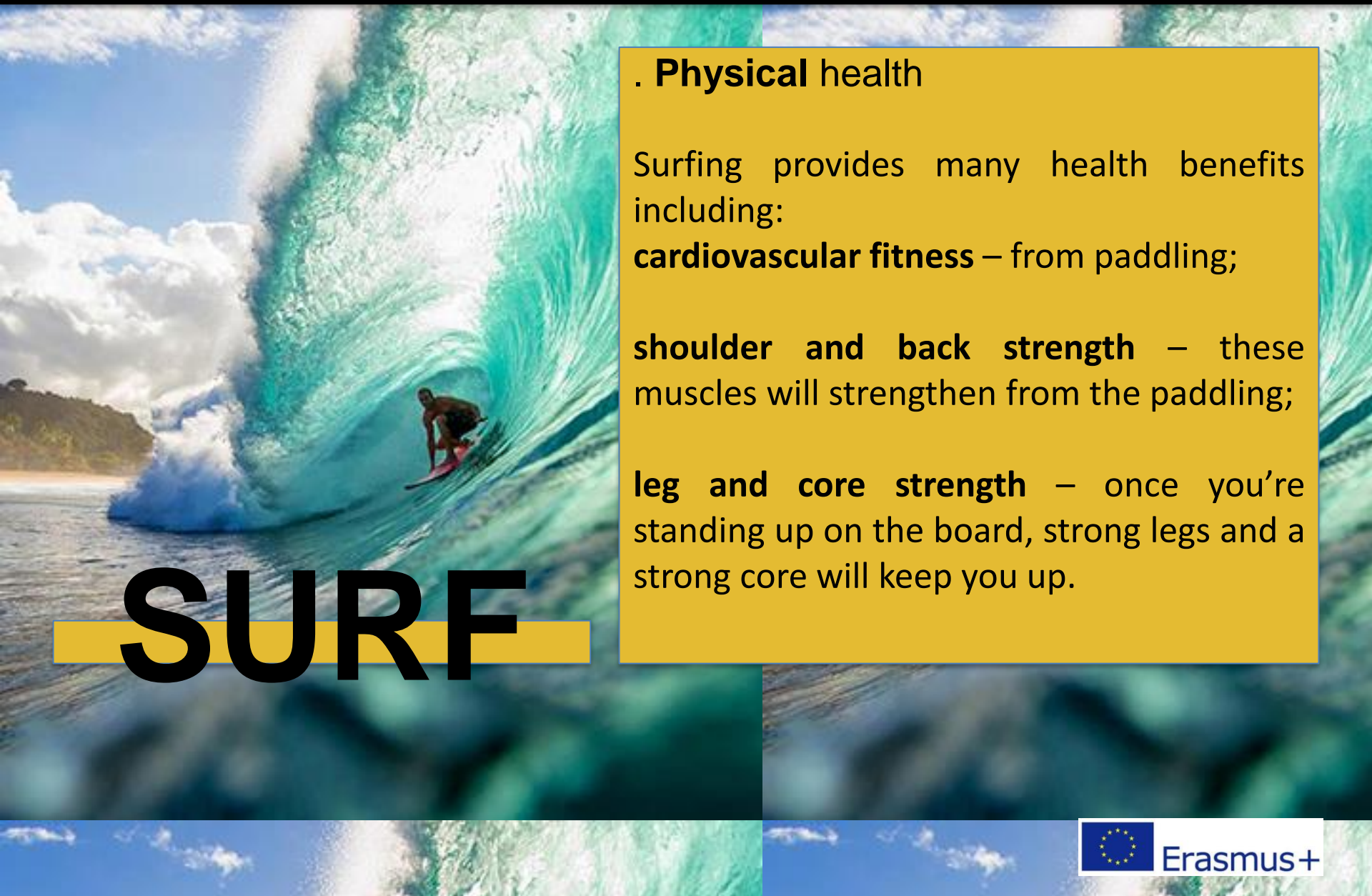
“isn’t easily categorized. It is based in sport, but can drift into art, vocation and avocation, even religion.”

SURF

Benefits

- . **Physical health**
- . **Mental health**
- . **Emotional wellbeing**

SURF



SURF

. **Physical health**

Surfing provides many health benefits including:

cardiovascular fitness – from paddling;

shoulder and back strength – these muscles will strengthen from the paddling;

leg and core strength – once you're standing up on the board, strong legs and a strong core will keep you up.

. **Mental health and Emotional wellbeing**

Surfing is a great way to spend time outdoors and enjoy the natural environment a good outlet for stress and tension.

SURF

Material Resources: Surf Boards



SURF

Material Resources: Wetsuits



SURF

Safety

Rules:

- . Know how to swim;
- . Respect sea and weather conditions;
- . Be aware of sea currents and hoses;



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SURF

Didactics of Surfing

PADDLING

DROP

“SURFING”

SURF

PADDLING



DROP

“SURFING”

