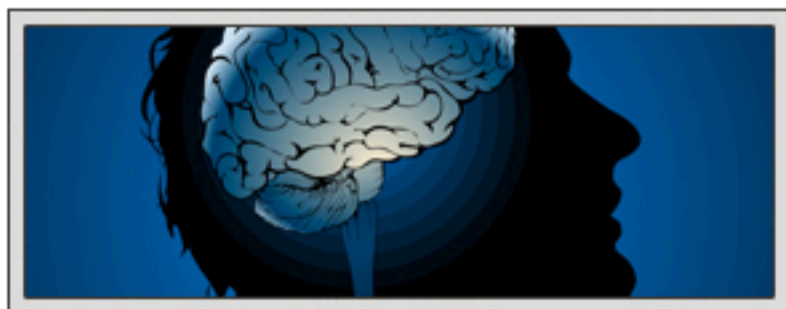


## Did you know that Dragon Boat Racing provides proven physical and psychological benefits?

The exhilarating and intense paddle pool experience provides many fitness benefits. It will increase your strength, endurance, coordination and is a great "core-specific" workout. What many people do not realize are the psychological health benefits that complement the physical benefits. Workouts in the paddle pool can be a terrific stress reliever as well as keeping you focused.



### - PHYSICAL HEALTH & FITNESS

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#### Achieve Paddling Perfection

Proper paddling technique is the primary factor in realizing a Dragon Boat team's full potential. Add to that the overall strength of the athletes and you have a winning combination. While there are multiple strength training routines available, we suggest exercises utilizing a full range of motion while working every muscle group including the hips, legs, upper torso and core, as well as smaller muscle groups.

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In addition to cultivating skill repetition and refinement, below are some of the wide-ranging health benefits achieved from participating in Dragon Boat Racing and Paddle Pool training:

- Increased Cardiovascular Fitness
- Strength Training of Primary Muscle groups:
  - **Back Muscles** are engaged when paddlers pull paddles through the water;
  - **Shoulders** are typically engaged during the paddlers reach and catch phase and also when keeping the paddle vertical;
  - **Abdominal & Obliques** are engaged when paddlers rotate their torso;
  - **Hips** are engaged when paddlers are leaning forward and pulling back;
  - **Thighs** are engaged when paddlers are pulling the water and pushing with their legs;
  - **Chest Muscles** are engaged during the reach phase;
  - **Neck Muscles** are important to keep conditioned, strong and flexible for the range of motion required to paddle efficiently.
- Advanced training tool not found anywhere else in the U.S.
- Improved coordination and increased awareness of how the body moves in relation to other paddlers

### - PSYCHOLOGICAL HEALTH BENEFITS

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Along with the many physical benefits, the psychological benefits are extremely important. These benefits include:

- a reduction in stress levels;
- improved self-esteem;
- increased energy;
- improved mood and body image;
- greater confidence;
- individual feeling of accomplishment, along with the pride of being part of a team.

An example of the interplay between physical and psychological benefits of dragon boating can be found with Breast Cancer survivor teams. Over the past 15 years Dragon Boat Racing has become extremely popular among Breast Cancer survivors. The repetitive and intense upper body workout has proven physical benefits. Paddling together with a team of survivors bestows the full range of psychological benefits and has been shown to be an invaluable part of the recovery process.