

Jenny MacLean's Fitness Column #11



Getting fit at the beach

Exercising outside in Edinburgh has many benefits, not least access to a variety of beautiful open spaces – parks, gardens, countryside, woodland and hills.

We also have some stunning beaches near to hand – Cramond, Silverknowes, Portobello, Seton Sands, Longniddry and Gullane, to name but a few. And they too provide a stunning backdrop for exercising.

So, once you've picked your favourite beach, what's the best way to get fit at the seaside?

Keeping it simple, walking or running will give your heart and lungs a great work-out. It will also strengthen and tone your legs, especially if you run on soft sands or dunes.

If you'd like to work your upper body, take a spade and a bucket and get digging – creating a sand castle or sand sculpture will improve your muscles – and it's great fun.

Team games are fun on the beach too. Take the kids, a soft ball and a bat and you've got the basics for tennis, rounders or cricket. Flinging a Frisbee around with friends is also perfect for burning off calories.

Flying a kite is perfect for more gentle exercise, honing your coordination skills and toning your arms.

These are just a few of the many ways you can enjoy getting fit at the seaside. So, why not plan your next trip to the beach now?