

## SHUFFLEBOARD

In June 2014, Florida Today ran an article on outdoor workouts. The article had 4 fit tips written by Life Fitness. How does this article relate to shuffleboard? The 4 tips taken from the article and the relationship to shuffleboard are as follows:

Tip #1: 20 minutes outside can have the same pick-me-up effect as a cup of coffee.”

A 3 game match of shuffleboard lasts about 1 to 1½ hrs in fresh air. Talk about a pick-me-up.

Tip #2: “5 minutes of exercise in a “green space” like a park can boost mood and self-esteem.”

Shuffleboard games are played outdoors in a park setting.

Tip #3: “Vitamin D is important for bone health, etc. Experts suggest 10 minutes of unprotected sun 3 times a week – just make sure to apply sunscreen at minute 11.”

Shuffleboard is played outside year round here in Florida. Most courts have overhead covers at both ends for shade, but use of sunscreen is advised.

Tip #4: “If you want to see physical results, consistency is the key. An outdoor workout might just make that easier.”

Shuffleboard is both a physical and mental activity. The physical part is classified as light and the mental part is compared to playing chess. The object of the game is to outsmart and outplay your opponent, whether in singles or doubles matches. You get exercise, fresh air and you meet new people. Get involved in the game and you just might enjoy it.

For information about shuffleboard and the Wickham Park Shuffleboard Club you can contact Tom Plumpton at (321) 751-4302.