



# WELCOME TO NEWPORT FUN TOURS

## **Title: Paddle Boarding Is The Best Exercise You've Never Tried**

If you're looking for a fun new way to spend the afternoon or evening, paddle boarding is a great activity to consider. There are many locations in Orange County where it is possible to book a tour, or simply rent equipment and go. You can even choose your level of experience with [stand up paddle boarding](#), and enjoy by yourself, or with someone else.



**Paddling a paddleboard is a great workout that can help you tone up and get in shape, while being super fun! You don't need any previous experience to try it out, and you'll be able to do it right away. It's easy to learn how to stand up, turn around and sit down again once you're in the water. Just follow the instructions of your instructor, and you'll be well on your way!**



**Paddle boarding is an excellent way to build muscle tone in your core and legs, thanks to its dynamic nature. In order to use a paddle board effectively, you need to have great technique and core strength. Beginners will gain more from a flat water [paddle board](#) than one that offers surf ability.**

**Paddle boarding is a sport that can be enjoyed by nearly anyone! It's a great way to get in shape and stay fit, as well as an excellent source of relaxation if you're looking for a break from the stress of life. All it takes to get started is a paddle board, some water shoes or flip flops, and you can be out on the water in no time. If you want to take your workout to the next level, try doing some strength training exercises while you're out there. The waters of the Puget Sound will provide the perfect place to work on those muscles and make sure they don't go slack when you get back home.**



**If you're looking for a new way to get in the ocean, on the water and into a beautiful bay in [Newport Beach](#), browse over our site. You will find everything from paddle boards to kayaks available as rentals, as well as fun tours throughout the day! So get down here in [Orange County](#) and rent one of our paddle boards today and get out there on the water.**

# **CONTACT DETAILS**

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# **THANK YOU!**