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## 2 Go...bodyboarding

Bodyboarding is loads of fun and it's a great way to keep fit.



GERMA HARRIS SPEEDING DOWN THE LINE IN CO.

### What's the best thing about bodyboarding?

When using a bodyboard, as you are closer to the wave, the sense of speed is heightened as dropping down the face is very nice exhilarating. It's great fun, great exercise, you get a fantastic face tan and a towel burn, plus all the air fits into the wind of the car!

### Where's a good place to learn?

Two-hour bodyboarding lessons can save you as much as six months of struggling on your own. A few simple pointers will make using your fins, selecting the correct wave face, choosing where to paddle out and general riding and safety techniques all much easier. Lessons are available in Newquay, Cornwall on a daily basis - check out [www.bodyboard.com](http://www.bodyboard.com) or Germa Harris's school [www.surfgirlmag.com](http://www.surfgirlmag.com). Most surfboard shops offer ideal conditions to learn.

### Is it hard to pick up?

Learning the first wave to jumping on to a whitewater is easy. Things get a little more challenging when you try to get out back and take onshore waves, but you can naturally expect to achieve this after one lesson. Being out back, negotiating waves and turning across onshore waves after only a few lessons is really getting to see out of the surf with out spending hours stuck in the shorebreak with a heavy heart, attached to your leg.

### What equipment do you need?

- A bodyboard that is a suitable size in relation to your height and weight, made from materials that will last. Have fins when required but be tight enough to support you. You can pick up a decent starter board for under £50.
- A pair of fins is also well. It's essential that these fit comfortably so if you plan to use without socks, by the time you walk the socks on.
- A gut strap that attaches to your board will keep out of the way.
- A decent wetsuit that preferably has durable-lined neoprene across the stomach. As opposed to single-lined stretch neoprene, as this tends to wear but still is still uncomfortable in bodyboard in.

### How much does it cost?

You can get a lot of fun for under £200 and probably get a free bodyboard bag or tin (others depend on).

### Where's the best places to bodyboard in this country and abroad?

Broadwater in Wex is good when it's on. Toxame water in Newquay, Portmeau in St Ives, Clifton Bay in Scarborough, Bournemouth in Bournemouth and Praia Verde near Faro in Portugal are all UK bodyboarding hot spots. The best shorebreak destinations would be Mexico, Portugal and Lanzarote. If you're travelling abroad, head to the perfect beaches of Cuba.

— Germa Harris