



**SAIL FOR FITNESS,
SAIL FOR FUN!**
BETTY AMMAR

**MOTHER, MOTHER OCEAN I HAVE HEARD YOU CALL/WANTED TO SAIL
UPON YOUR WATERS SINCE I WAS THREE FEET TALL/YOU'VE SEEN IT ALL,
YOU'VE SEEN IT ALL.**

Let's be honest. Chicago experiences far more cold weather than it does warm. And when we are lucky enough to bask in the sunshine, we would be fools to pass up the opportunity in order to work out. Still, with bathing suit season in full bloom, avoiding sticky gym facilities isn't an option either. Therefore, you need a solution which gives you the opportunity to work out outside. And while running, hiking and biking are some of the more popular choices, the heat can often be too much to handle. So if you like to sweat and long for sea water, *SCENE* has the ultimate solution. The solution which most of you haven't even considered. Towards the end of this summer, take advantage of the sun and Lake Michigan by going sailing.



SAILING BENEFITS

It's no coincidence that Popeye the Sailor Man had a phenomenal physic. While most consider sailing an enjoyable recreational activity, few realize how strenuous and physically challenging it can be. The health benefits of sailing include aerobic fitness, cardio-vascular fitness, anaerobic capacity and muscular strength. Sailing positively affects aerobic capacity as the oxygen

uptake during sailing is greater than when you play tennis or baseball. The more physical the sailing classes, the greater development of your cardio-respiratory fitness. Aerobic fitness is associated with a reduced risk of obesity, hypertension and ischemic heart disease. Anaerobic capacity, on the other hand, is affected by movements such as tacking and gibing (two sailing techniques which entail moving either the front portion or the back portion of the boat in a diagonal pattern), increases anaerobic capacity.

Muscle strength is an additional health benefit of sailing. Muscle strength increases the body's metabolic rate by helping your body burn more calories. By hoisting the sails through the use of a pulley system, muscles (especially the biceps and triceps) are actively engaged.

Flexibility and agility are also part of the health benefits of sailing. How your body moves and how fast you can move comprise flexibility and agility. In order to accomplish many of the tasks required

in sailing you must be flexible and agile. Sailors must possess eye-hand coordination to hoist sail or pull lines and balance when ambulating around the boat, using hand holds.



SAILING GEAR

There are a number of things to take into consideration before you hit the lake. Sailing students should prepare for cooler conditions as the temperature is generally 10 to 20 degrees lower on water. Therefore, sailors should dress in layers. Make sure you have a T-shirt and shorts available but cover-up with long-sleeved thermal shirts, track suits or, at the very least, water-resistant spray jackets. Two of the most common

injuries involved in sailing are rope burns and contusions caused from falling on slippery decks. To combat these problems, potential sailors should also purchase rubber soled shoes and sailing gloves.

PRE-SAILING ROUTINE

Before beginning sailors hit the high seas, it is important to be limber. Just like any other aerobic activity, sailing involves the use of many different muscle groups. Sailing experts recommend that you take a brisk walk or jog before boarding your boat. All activities should be gentle so you don't have to fear injury.

In addition to pre-sailing sweats, students should also stretch prior to sailing. As we previously explained (see the sailing benefits section), sailing involves high levels of circular movement. In order to thoroughly prepare your body for this activity, stretches such as hip circles and twists, arm circles, knee raises and heel taps are necessary. These stretches closely resemble the movements you will be doing on the boat.

HIP TWISTS

Straighten arms to shoulder height. Then twist arms and torso to the right, allowing your body weight to move onto the right leg. Repeat to each side alternatively.

ARM CIRCLES

In the same stance as above, rotate both arms in a forward circle allowing hands to touch near the thighs. Repeat direction of both arms.

HIP CIRCLES

Place your hands on your hips and feet shoulder width apart. Keep your head still while you make clockwise and counter-clockwise circles with your hips.

KNEE RAISES

Lift right knee while balancing on the left leg, then rotate to the right side and touch the left elbow with the right knee. Repeat for both legs.

HEEL TAPS

Lift your right heel towards the buttocks and touch the sole of your foot with your left hand. While tapping your right heel, look over you left shoulder to look at the sole of your right foot. Repeat on both sides.

CHICAGO SAILING

Because of Chicago's geographic proximity to Lake Michigan, there are a number of sailing classes available. Due to their varied classes, extensive experience and wide price range Chicago SCENE recommends 3rd Coast Cruising. 3rd Coast offers varied packages including their Unlimited Summer Sailing (\$2,000), Monthly Unlimited Sailing (\$600) or Basic Sailing, which offers three three-hour classes (\$290). Here, students gain hands-on experience while steering and controlling a 30-foot sailboat. Moreover, instructors are well-versed in sailing terminology and guide students through active learning.

So, if you're interested in honing your tan while exercising this summer, make sure you utilize all Lake Michigan has to offer. After all, when the lake is frozen over you'll wish you had taken advantage. **scene**

For more information about classes at 3rd Coast Cruising, call 1.866.724.5373 or visit 3rdcoastcruising.com.