

## Back to School and Work Special: Kayaking For a Healthy Routine with Galaxy Kayaks



**Estepona, Oct 26, 2019 ([IssueWire.com](http://IssueWire.com))** - Galaxy Kayaks, over the years, has established itself as one of the leaders of quality kayaks at affordable prices. Their extensive range of kayaks allows everyone from beginners to advanced paddlers have a great time out on the water. With the old 'back to school' routine firmly in place, Galaxy Kayaks are calling out for families to get outdoors and enjoy mother nature together!

As days get shorter and cool a breeze fills the air, thoughts of alarm clocks and school bells and homework and traffic jams start to seep in. Late nights, lazy mornings and frivolous days have been the order of things for the last months and that's all about to change. The old 'back to school' routine is here and we need to prepare.

So, if like us, the slow and steady onslaught of BBQ's, fiestas and beach days throughout the summer months have left you with a varying degree of lethargy and a relatively much-larger-than-before belly then we have some ideas that will help you and your family launch into the Autumn months with a spring in your step and a healthy, fun and family orientated agenda.

A 'back to school' routine is essential for creating a steady environment for you and your family to thrive in. Weekdays are filled with the stresses of work and school and a routine that often involves the mundane and 'boring' trappings of life.

Therefore, it is important to introduce a good balance of ying and yang into your weekly routine by

entering something a little unusual into the mix at the weekend, something that the family can enjoy together. An activity that is exciting, engaging, challenging and most importantly allows you all to escape the stresses of the week and have fun in a healthy and rewarding environment. And what better environment than the 'great outdoors' and exploring it's waters, by kayak.

Leisure kayaking is a great way to relax and unwind whilst keeping fit and taking in all that nature has to offer and you'd be surprised at the variety of leisure kayaks available.

When people think of kayaks they often imagine sit inside kayaks that look difficult to paddle and which many people believe need training or certification to use. However, this could be anything further than the truth, nowadays many sit on top kayaks are available which are easy to paddle and only take a few outings on the water to master.

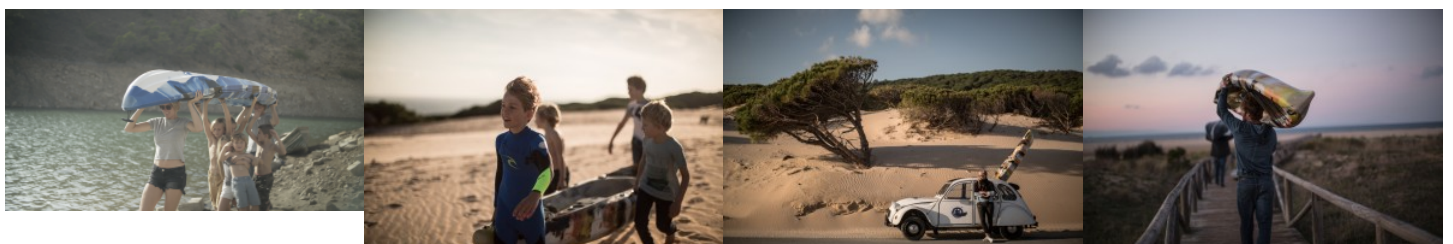
Stephen Sweeney, director of Galaxy Kayaks, has the following tips for people new to the sport "If you are new to leisure kayaking and are looking for something easy to use and fun for the whole family, I would recommend trying a tandem kayak. There are even versions such as our Tandem Solo, which can be used by two adults and a child or by a single adult".

He continues, "There is such a large choice of kayaks that it really comes down to the user's needs. We produce solo kayaks, [pedal kayaks](#), [kayaks da pesca](#) and even electric motor kayaks for people who may need that extra help. Once you've chosen your yak then its time to get some basic safety material that everyone needs before going out on the water. Choosing a PDF and the right type of clothing for the occasion are basics which should never be skimped on".

With your kayak and safety equipment ready then its time to get down to choosing where you want to explore. Research local spots online, ask local kayak clubs or groups online, or even try and find some yourself with the help of google maps. Look for big bodies of water that are near roads that seem accessible. Use some common sense and make exploring part of the fun and you'll be fine.

With a little autumn routine, the fun doesn't have to end with summer, pushing ourselves to go that little bit further when the days seem so much shorter by taking the time to introduce into our routine a healthy and spirited option that allows all the family to focus, at least once a week, on the importance of what lifestyle really means, to reconnect with nature, relax, have fun, keep fit and overcome challenges together. To show our children the virtues of being outside, in a safe environment, using 100% human paddle power.

Galaxy Kayaks offers quality kayaks at affordable prices. From fishing to leisure and pedal to paddle powered kayaks, the range is designed to suit all experience levels. Visit the website today at [www.galaxykayaks.eu](http://www.galaxykayaks.eu)



## Media Contact

Galaxy Kayaks

marketing@galaxykayaks.eu

Source : Galaxy Kayaks

See on IssueWire : <https://www.issuewire.com/back-to-school-and-work-special-kayaking-for-a-healthy-routine-with-galaxy-kayaks-1648178255063971>