

Angel Gomez, Club Director of Sales  
**Angel's**

**Be Alive!**

– Sunset Beach

# Kayaking and Paddle Boarding



From left: Aden, Kathy and Angel Jr.



Here I am with Angel Jr. and Aden in front of the kayaks.



Angel Jr. is having fun.

**H**ello again, everybody!

For this month's feature, my family decided to change from our usual uphill hikes. These hikes exercise our lower body mostly, so this month we are going to change a bit and get an upper-body workout with some kayaking and paddle boarding. Has anyone ever gone kayaking or paddle boarding? It sounds like fun, right? There are a few places in Sunset Beach – close to Huntington Beach – that offer these fun activities. We tried both, and I have to say if you have good balance and are not afraid of a little water, you are going to enjoy both very much. Lots of fun in the sun!



Aden and Kathy return from a kayak ride.

**Let's begin.**

The Adventure: I love to hike, but I wanted to try something new. You don't have to climb a hill to get some good exercise, as kayaking and paddle boarding have many health benefits, too. The first is the reduction in mental stress; second, it helps with increased cardiovascular endurance; third, it improves your muscle tone; and finally it helps with balance and weight reduction. Wow! This is another great opportunity for keeping fit and enjoying the great outdoors. I will definitely go back and paddle board a few more times this year.

We rented from OEX Sunset Beach, but there are other rental outfits there, too.

My two boys both loved the paddleboard experience more than the kayaking. I recommend checking the weather before you go. If you can swim, try paddle boarding, but if you are not a good swimmer, please go with someone who is an experienced swimmer. Safety is always first.

These activities cost more than a free hike, but once in a while it won't break your bank. You can also just take your spouse or significant other without the kids. Being in the harbor is so relaxing you will spend two hours and ask yourself, where did the time go? Guess what, you just exercised for two hours. We had a lot of fun, and it was relaxing, too.

Don't forget to bring your camera and take plenty of photos and send them to me at [agomez@cityemployeesclub.com](mailto:agomez@cityemployeesclub.com). Bring water, snacks and maybe some sunscreen.



Aden loves his kayak.



From left: Angel Jr. and Aden are having lots of fun.



Angel Jr. tries to stand up on the paddleboard.

**Sunset Beach Kayaking and Paddle Boarding**

OEX Sunset Beach  
16910 Pacific Coast Hwy • Sunset Beach, CA 90742

Featuring gorgeous harbor views of homes and yachts

**Hours:** 9 a.m. to 6 p.m. every day

**Parking:** Free

**Cost:** Kayaks for two are \$25 each for 2 hours.

Paddleboards are \$15 for the first hour and \$20 for two hours.

\*Prices are subject to change

**Directions:** From Downtown Los Angeles take the I-5 south to the I-605, then merge to the I-405 south. Take the Seal Beach Boulevard exit, then continue until you reach the PCH. Turn left; the destination will be on your left.

**As always, be safe and Be Alive!,  
Angel**