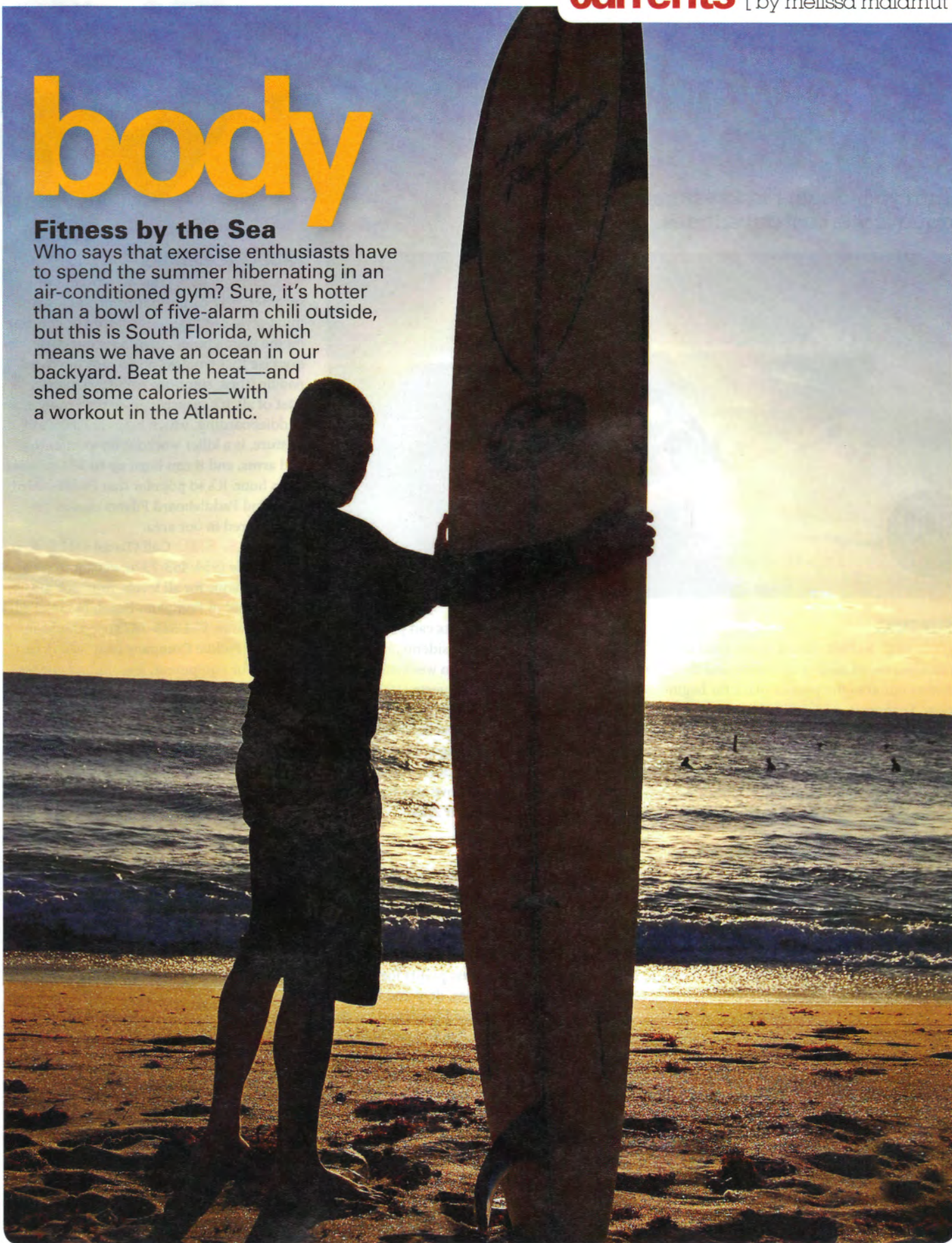


# body

## Fitness by the Sea

Who says that exercise enthusiasts have to spend the summer hibernating in an air-conditioned gym? Sure, it's hotter than a bowl of five-alarm chili outside, but this is South Florida, which means we have an ocean in our backyard. Beat the heat—and shed some calories—with a workout in the Atlantic.



PILAR TAURINSKI

# wide world of water sports

Turn your South Florida summer into a series of aquatic workout adventures.



## SURFING

**CALORIE BURN:** Small waves send the more seasoned surfers up north, and that makes our area the perfect place for beginners. Surfing, in addition to burning up to 500 calories per hour, works the core, arms and legs—plus, it's one of the best ways to improve balance. That said, it's also the most physically demanding activity on this list. Make sure you take a lesson before renting a board and heading into the water.

**RENTALS, ETC.:** Island Water Sports in Deerfield Beach (1985 N.E. Second St., 954/427-4929) offers free surfing lessons. Also, check out “the shack” at Delray Beach Watersports (on the sand, a half-mile south of Atlantic Avenue; 561/279-0008).

## SNORKELING

**CALORIE BURN:** The swimming alone, a total body workout, can burn some 350 calories in one hour. Snorkel masks are available everywhere from Target to your local drug store. For more advanced masks, visit your local dive shop.

**WHERE TO SNORKEL:** Check out Red Reef Park in Boca (1400 S. Ocean Blvd., 561/393-7974), which features an artificial reef close to shore; it's great for beginners. Count on spotting fish of all colors and stripes, the occasional sea turtle, and eels

and stingrays. City residents can purchase a permit for \$45; for nonresidents, it's \$16 during the week and \$18 on weekends.

**Coral Cove Park** in Tequesta (1600 Beach Road, 561/966-6600) boasts a 12,500-ton limestone boulder at the heart of a two-acre artificial reef designed to attract a plethora of fish—which it does, sometimes almost too many. Coral Cove also has the most shark sightings in our area.

## KAYAKING

**CALORIE BURN:** This fun and easy way to sightsee and tone arms can burn 375 calories in one hour.

**WHERE TO KAYAK:** The Loxahatchee River in Jupiter (Riverbend Park, 9060 Indiantown Road) offers access points for kayaking. You may see manatees, deer and various birds along the way. Guided tours and kayak rentals are available through **Jupiter Outdoor Center** (1000 Coastal A1A, 561/747-0063) and **Canoe Outfitters of Florida** (9060 W. Indiantown Road, 561/746-7053).

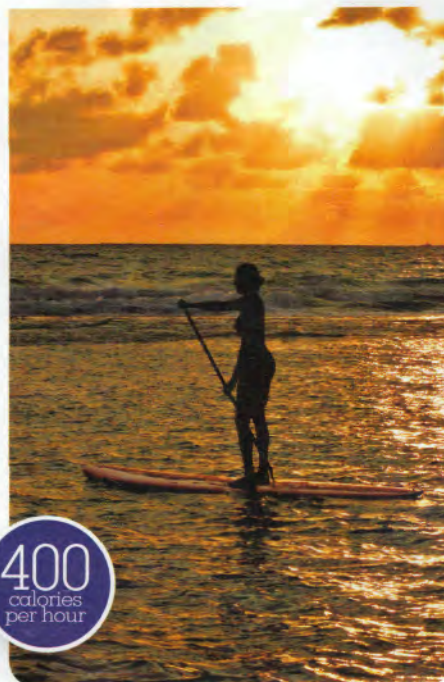
Check out **The Spanish River Paddle Company** (bocapaddle.com, 561/705-2716) or **Gone Kayaking** (gonekayaking.com, 954/326-0935) for rentals and tours of the great kayaking areas in south Palm Beach County like Deerfield Island Park and the Intracoastal Waterway.

## PADDLEBOARDING

**CALORIE BURN:** The “it” workout of summer 2012 can be performed as a swimming-style exercise, while laying or kneeling on the paddleboard, or as a surfing-style exercise that employs a specially designed paddle (thus, stand-up paddleboarding). Best of all, it's surprisingly easy to master. Paddleboarding, which helps balance and posture, is a killer workout for your core and arms, and it can burn up to 400 calories in an hour. It's so popular that Paddleboard Yoga and Paddleboard Pilates classes are now offered in our area.

**RENTALS, ETC.:** Call **Ocean OM** in Fort Lauderdale (954/453-7376, oceanom.com) about sessions for all levels, or check out **Surf World** in Pompano Beach (435 S. Federal Highway, 954/545-7873) or **The Spanish River Paddle Company** (see “where to kayak”) for equipment, lessons and classes.

*Note: General estimates for calories burned are based on a 150-pound person.*



# WHAT'S UP AT SCRIPPS?

Here's the latest news from South Florida's renowned biomedical research center.

**S**cripps Research Institute is one of the world's largest nonprofit biomedical research organizations. The Florida facility, in Jupiter, is a 30-acre campus (with another 70 acres available for development in the future). Scripps works on finding treatments for human diseases like HIV/AIDS, cancer, diabetes, obesity, Parkinson's disease, Alzheimer's disease, bipolar disorder, schizophrenia and autism.

As always, Scripps is working on a variety of cutting-edge projects, including the following.

**HEPATITIS C:** The National Institutes of Health awarded the Florida campus \$1 million for a three-year study to develop new screening tests to find compounds that disable a protein essential to hepatitis C virus (HCV) replication.



Timothy Tellinghuisen

Hepatitis C, a slow progressing disease that causes inflammation of the liver, affects more than 170 million people worldwide. The new research will focus on a potentially potent, but somewhat ignored, enzyme known as NS2. It breaks down proteins and is necessary for productive infections that produce new viruses.

"The NS2 protein is needed for hepatitis C infections," says Timothy Tellinghuisen, a professor at Scripps Florida and the principal investigator of the study. "The new grant will help us develop potential chemical tools to look at the role NS2 plays in HCV biology."

**LYMPHOMA:** The National Institutes of Health awarded Scripps \$2 million to study B-cell lymphoma, a type of cancer that begins in the immune system and turns normal, disease-fighting cells into cancers. B-cell lymphomas tend to occur in older patients and in those whose immune systems have been compromised. It's one of the most common cancers in the U.S.—and it kills about 20,000 Americans each year.



John Cleveland

The study will focus on Mycoproteins, which are active in more than half of all human tumors and accelerate the rate of cell growth.

"This grant allows us to focus on a new pathway that is controlled by Myc that we think is suitable to target for the development of new, anticancer drugs," says John Cleveland, Ph.D., chair of the Department of Cancer Biology and principal investigator of the new five-year study. "We are very hopeful that learning more about this process will open the door for the development of new treatments."

**AGE-RELATED MEMORY LOSS:** Scientists at Scripps have shown that memory loss connected to aging may not be permanent.

In a new study published in the journal *Proceedings of the National Academy of Science*, Ron Davis, chair of the Department of Neuroscience at Scripps Florida, took a look at memory in the brains of young and old fruit flies. Davis and his team found that, just like in mice and humans, there is a defect that occurs in memory with aging due to age-related impairment of certain neurons. Amazingly, the scientists found that stimulating those same neurons can reverse age-related memory defects.

"This study shows that once the appropriate neurons are identified in people, in principle at least, one could potentially develop drugs to hit those neurons and rescue those memories affected by the aging process," Davis says. "In addition, the biochemistry underlying memory formation in fruit flies is remarkably [constant] with that in humans, so that everything we learn about memory formation in flies is likely applicable to human memory and the disorders of human memory."



Ron Davis



## SUMMER RACE CALENDAR

**JULY 4:** Runner's Edge Foundation's Patriot Dash 5K and 1-Mile (FAU, Boca Raton; 7:15 a.m.; 561/361-1950)

**JULY 19:** Run, Sweat & Beers 5K (Adolph & Rose Levis JCC, Boca Raton; 7 p.m.; levisjcc.org/5k)

**JULY 21:** Eighth Annual Dreher Park Dash (West Palm Beach, runpalmbeach.com; 7 p.m.; 561/596-0445)

**JULY 28:** Fourth Annual North Palm Beach Kid's Triathlon (Village of North Palm Beach; 7 a.m.; 561/841-3386)

**AUG. 11:** Greater Fort Lauderdale Road Runner's Kickoff 5K (Birch State Park; 7 a.m.; 954/461-5515)

**AUG. 11:** Runner's Edge Foundation's South Florida Olympic Games (Boca High School track; 5 p.m.; 561/361-1950)

