



Experience Numerous benefits of Water-based activity in The Island of God

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ABSTRACT

Starting to do exercise must be challenging, especially for someone who is not used to it. Therefore, combining physical activity and vacation is a perfect option for a beginner. Water sport may be a perfect choice to spend a holiday while train body back into its perfect condition. A getaway trip to Bali Is not only about staying in luxury hotels or villas, Wine and dine on a famous beachfront restaurant, or shopping in the heart of Seminyak shopping centers. The exotic island on the equator offers a wide selection of water recreation with dozen of benefits for those health seekers. This writing is a descriptive study. The findings from previous studies which discussing vacation and water-related exercise were compiled as data. Bali was served as tourism object where this

study is undertaken. Then, the compiled data were used to describe the benefit of recreation in Bali as the tourism object and its water activity for health. The Island of Bali, known for its breathtaking landscape and as the best tourist destination, offers additional choices to tourists who wished to travel while getting extra benefits for their health. Some studies revealed there are numerous advantage someone may obtain by doing physical activity in the water, such as improvement in cardio, respiratory, and muscle strength. The activity also promotes full body workout to help overcome weight problem, both under and overweight while holiday in Bali helps the traveler to take a break from the tedious yet stressful environment.

Keyword: Water Sport, Bali

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BACKGROUND

One out of many factors to do in maintaining health is by doing regular physical activity.¹ Changes on the pattern of human activities, from hunting and food gathering routine into all day sedentary activities in front of computer desks, surrounded by gadgets, with delivery services that can be accessed at any time. Everything becomes more accessible to obtain; however. As a result, the body rarely moves according to its primary function. The lifestyle, coupled with stress, over calories intake, and air pollution that worsens by the time, make the body deserve to 'escape' for a while to restore its performance to the optimal condition as well as improve the mood. Performing physical activities such as regular exercise help to deliver nutrients and oxygen in the body as well as maximize the cardiovascular system to work more efficiently.

Starting to do exercise must be challenging, especially for someone who is not used to it. Therefore, combining physical activity and vacation is a perfect option for a beginner. Water sport may be a perfect choice to spend a holiday while train body back into its perfect condition. A getaway trip to Bali Is not only about staying in luxury hotels or villas, Wine and dine on a famous beachfront restaurant, or shopping in the heart of Seminyak

shopping centers. The exotic island on the equator offers a wide selection of water recreation with dozen of benefits for those health seekers.

THE ACTIVITY

Famous for its green lush natural charm, white sandy beaches that stretch from the eastern coast of Sanur to the tourism center in Kuta.³ Who would have thought that traveler could also do activities that might be a new experience for their vacation? Surrounded by the sea with relatively friendly waves, the beach in the Island of God is a perfect spot to carry out various water activities that can relieve stress while training stiff body due to experiencing the monotonous sedentary lifestyle.

The island of Bali, with average temperature ranging from 26 - 35-degree Celsius and humidity around 85 - 90%, awarded as the best tourist destination by TripAdvisor in 2017.⁴ Its area diverse into the highland area in the middle to the eastern part, coastal zone and limestone hill on the southern region. Water sport is a particular activity tourist can do in the south part of Bali, east Bali, on Nusa Penida and Lembongan islands, which are only 45 minutes away by fast boat from the nearest port in Sanur. The area earned its reputation since it has dozen friendly-wave beaches, no sight of any

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Figure 1. Illustration of Sedentary lifestyle impact on health²



Figure 2. There are various types of water recreation provided, ranging from swimming, snorkeling, diving, canoeing, surfing, parasailing, jet skiing and so on that continues to grow every time.⁵

dangerous animals, and clear turquoise water. The area that offers water sport is usually located at the center of a tourism area; thus, it is not difficult to reach. There are various types of water recreation provided, ranging from swimming, snorkeling, diving, canoeing, surfing, parasailing, jet skiing and so on that continues to grow every time.

Indoor workout activity becomes popular among citizen in an urban area since the space for outdoor activity is getting rare. However, once in a while, outdoor activity is a compulsory regime that someone should do. Outdoor activities, especially in a green environment situation, according to a study

conducted by Barton & Pretty, shows to improve self-esteem as well as the mood of participants. Also, when practicing it with the presence of the water, it drastically generated greater effects.⁶ Tourists can select some water sports activities if they wish to get mood-lifting benefits, especially to those who work in stress and under pressure. Parasailing, jet skiing, snorkeling, scuba diving, and surfing are a suitable option for them.

Doing activities in water is proven to improve a better heart and respiratory performance.⁷ A scientific study published in 2011 in the scientific journal *Complementary Therapies in Medicine*, showed that physical activity in water increases the participant strength and cardiorespiratory abilities.⁸ Indeed, when doing water activities such as swimming, or canoeing, requires a moderate effort. The participant involves the activity will undoubtedly train their body as well as the breathing technique to finish the activity. Swimming is strongly recommended to be carried out by seniors. It is because the exercise is scientifically proven to increase lower limb muscle strength and to improve their performance on land.^{9,10} Furthermore, in the article of *Journal of Asthma* in 2003, states that cardiorespiratory capacity in children who have asthma also experiences improvement after carrying out the water activity.¹¹

For those who experience weight problem, doing activities in the water can also be an alternative version of full body workout. Moving in water is fun yet challenging compared to land activity. Hence, it is very suitable for someone who wants to shape their body through cardio or muscle building. Large muscle groups like the shoulders, back, chest, abdomen, and lower body will have their chances to move evenly, giving it an opportunity to develop its size and mass. On the other hand, performing it in high-intensity will help to burn calorie rapidly in order to put an end the overweight problem.¹³

As a matter of fact, those are extra benefits that someone may obtain. Since the primary purpose is the vacation, thus do not forget to try other activities as well. There are some Spa and Wellness, Yoga & Meditation center on the island that provides a class to relieve stress and rejuvenate the body. The class is suitable both for a post-workout session or to those who only seek the vacation's vibe. Vacation psychologically helped the traveler to take a break from the tedious indoor routine, and vulnerable to stress.¹⁴ Getting closer to Bali's nature, basked under its sun, and breath in the fresh coastal air will revive passion, productivity promotes a better night sleep and gives birth to the inspiration that may be applied later after the trip is over.



Figure 3. Vacation psychologically helped the traveler to take a break from the tedious indoor routine, and vulnerable to stress.¹²

CONCLUSION

The Island of Bali, known for its breathtaking landscape and as the best tourist destination, offers additional choices to tourists who wished to travel while getting extra benefits for their health. For instance, to experience Water sport, a common activity in the Southern part of Bali. The activity is recommended to those who would like to enjoy the holiday while train their body at the same time due to a sedentary lifestyle. Some studies revealed there are numerous advantage someone may obtain by doing physical activity in the water, such as improvement in cardio, respiratory, and muscle strength. The activity also promotes full body workout to help overcome weight problem, both under and overweight while holiday in Bali helps the traveler to take a break from the tedious yet stressful environment.

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