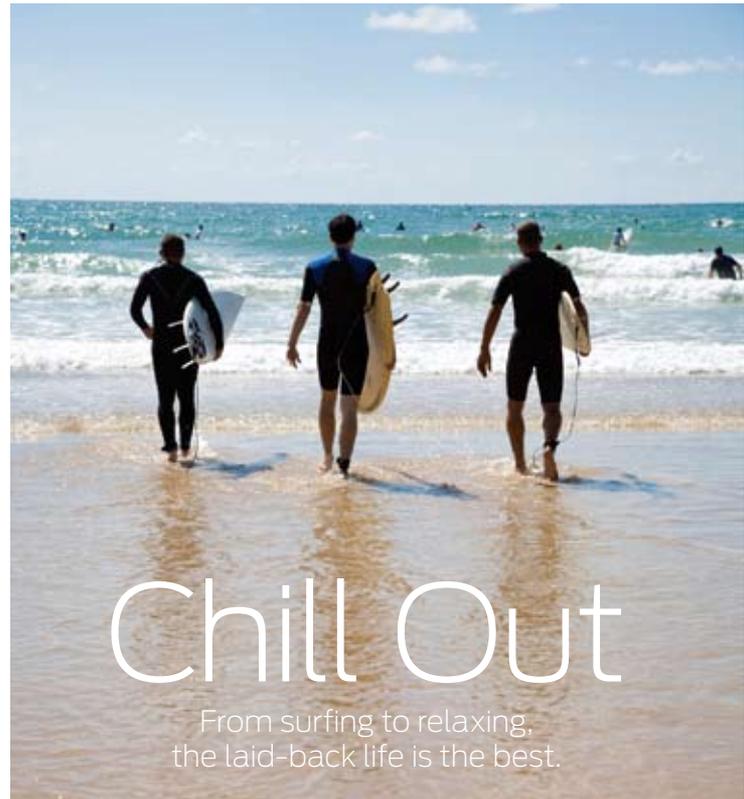




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Chill Out
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SURF INTO SHAPE

“If there’s anything God wants you to do, it’s surf,” says musician and surfer Jason Mraz. But besides the thrill of catching a wave, surfing is also an incredible full-body workout. It stimulates core stabilization muscles, while paddling, according to surfer and Equinox fitness instructor Ashley Salter, works the shoulders, arms and back. And though it looks effortless from the beach, it’s a sport that will likely exhaust you—even just getting past the break in Montauk. “You’ll barely be able to lift your arms after your first time out,” says pro surfer Danny Fuller. For many, it’s just this kind of challenge that makes it so addictive. Musician G. Love, who has surfed Ditch Plains, hits the waves for pleasure but considers it a great workout. “I surf every chance I get,” he says. “We keep the boards in the tour van at all times.”



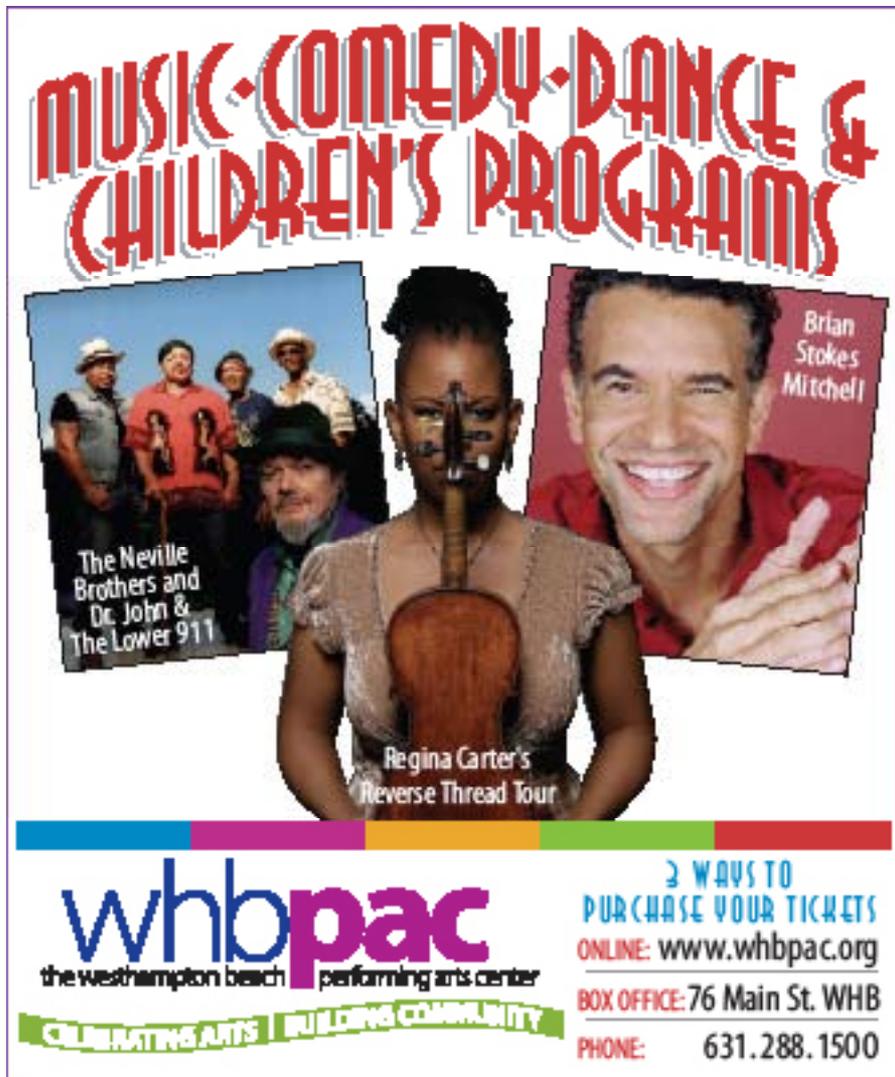
Jason Mraz

So how to prepare for the surf life? Start on terra firma, since “you do the equivalent of over 100 push-ups every time you’re out,” says Montauk surf instructor Corey Senese. “You have to develop the stamina,” adds John Velez of the surf-training program AmpedSurf. Both Senese and Velez suggest pop-ups: Start in a lowered push-up position, push up and slide your legs under you to a standing position, and then come back down. Begin with three sets of six and work up to 12. Sit-ups, crunches and planks will develop surfer abs. Salter recommends lunges in the sand and running through shallow water for legs. (Work on a balance board for an added challenge.)

Perhaps the best preparation, though, is yoga. “Yoga brings balance and endurance,” says Annee Elliot of Montauk’s Liquid Yoga and Surf. Plus, Fuller says, “it helps you stay calm” when you get thrown from a wave. And once you’ve caught a breather? “Just get pounded and get used to it,” says Fuller.

—DAVID MAPP

PHOTOGRAPHS BY STEVE GRANITZ/WIREIMAGE.COM (MRAZ); MICHELE LUGARES/ISTOCKPHOTO.COM (SURFERS)



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Relax to the MAX



THE HAMPTONS is the perfect oasis in which to become more connected with our minds, bodies and spirits. Licensed massage therapist **Jacqueline Mahoney** gives suggestions on how to do just that.

1. GET MOVING: Try yoga, tai chi, meditation and visualization combined with deep breathing (preferably on the beach), or swimming, biking, hiking, kayaking and other activities that connect to nature.

2. SOAK IT UP: Baths, whirlpools or steam rooms allow for a hot full-body treatment, promote relaxation and help insomnia. Soak for at least 20 minutes.

3. TEA TIME: Herbal teas like chamomile, skullcap or passionflower can beat stress and promote a better night's rest. Avoid stimulants late in the day (coffee, soda, sugar).

4. BREATHE DEEP: Place one hand on your abdomen and the other on your chest. Inhale slowly through the nose, breathing deep and feeling the hand on the abdomen rise (the upper chest should move only slightly). Hold your breath for a second and then release air slowly through the mouth. Repeat.

5. POSITIVE REINFORCEMENT: Don't sweat the small stuff. A positive attitude and outlook is extremely helpful in times of stressful situations.

6. LAUGH OUT LOUD: The cliché is true—laughter is the best medicine. Spending time with family and friends and letting go is what summer is all about.

7. SLEEP: Getting enough rest is crucial, not only for stress but also so we can repair and re-set. Eight hours a night is recommended.

8. LEARN SOMETHING NEW: Take a class—sailing, tennis, cooking—to take your mind off daily worries and broaden your horizons.

9. PAMPER, PLEASE: Take care of yourself; try a spa day.

10. GET A MASSAGE: The art of massage therapy can help counteract work and domestic pressures. Massage can be a voyage of self-discovery, revealing how it feels to be more relaxed and in tune with ourselves and helping us experience the pleasure of a body that can breathe, stand and move freely. A good massage affects you on all levels—toning muscles, assisting blood flow, soothing the nervous system, encouraging lymphatic flow and stretching the connective tissue of joints. It also relieves stress and anxiety and helps you to become more conscious of your body as a whole.

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