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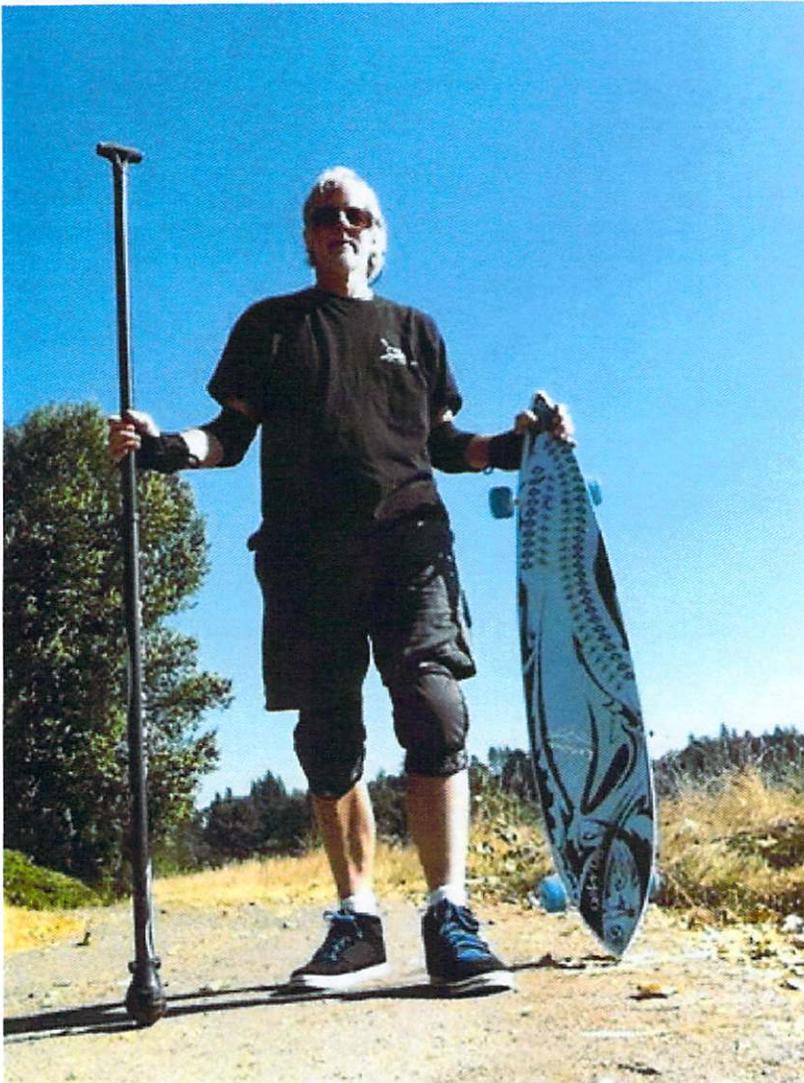
My Workout: Paddling a longboard keeps him feeling young

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Nancy Dow, The Oregonian

By



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The Oregonian

Brian Hines

Who: Brian Hines, 64, Salem; 6 feet, 180 pounds. Hines is a writer who retired from the health planning and policy field. He has a daughter and a granddaughter. He and his wife of 22 years, Laurel, live on acreage in the country with room to roam.

Workout: About three months ago Hines took up longboarding, which he says is "basically skateboarding without the tricks. Or minimal tricks. Getting from here to there and having fun along the way is what longboarding is all about." Then he discovered stand-up paddling on a longboard and a passion was born. He says he's hooked. He "landpaddles" twice a week for 45 to 60 minutes, or three to four miles. His favorite spot is Minto Brown Island Park. In anticipation of paddling in the rain, he purchased rain wheels for his board. They're softer and have grooves in them.

Hines also spends 90 minutes in a gym three days a week. He starts with half an hour on an elliptical trainer before moving to the weight machines. He also stretches and does yoga and Tai Chi. He's been practicing Tai Chi for seven years and takes a class three times a week. He takes his dogs on a nightly 30-minute walk. And he and his wife are ballroom dancers; they

practice their West Coast swing about once a week.

Feedback: He says of paddling his longboard: "I'm hugely impressed with the great exercise this is. It's aerobic and a tremendous core workout. Having done this regularly for a month or so, I can say that I've never felt in

better shape. Emotionally and psychologically it suits me very well. There's just enough risk to keep my attention focused but not so much as to cause anxiety. I wear knee and elbow pads, padded shorts, hand guards and a helmet." Hines says he has none of the aches and pains that many people in their 60s complain of. He believes if you do what you love you don't get as tired. "It's like being 10 years old again; just you and a pole pushing yourself along. It uses every part of your body."

Nutrition: Hines has been a vegetarian for 42 years and says he's pretty disciplined, diet-wise. His daughter has never tasted meat; his wife and granddaughter are vegetarians as well. He gets protein from tofu, lentils, veggie burgers and garbanzo beans. He eats yogurt but very little cheese and no eggs. He drinks soy milk except in coffee, which he enjoys three times a day. Snack attacks are handled with baked potato chips or air-popped popcorn. He's a "huge fruit lover" but otherwise doesn't have a sweet tooth. Of course, he eats his veggies, too. Hines takes a multivitamin plus 17 supplements, including green tea and pomegranate extracts. Neither he nor his wife is much into cooking but he does make spaghetti every Sunday.

If you'd like to share your workout with readers -- or know someone whose workout you'd like to read about -- send name, age, daytime phone number and workout details to Nancy Dow, My Workout, The Oregonian, 1320 S.W. Broadway, Portland, OR 97201 or by email to ndow@oregonian.com. We encourage one or two recent, high-quality digital photos sent as JPEG attachments.

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