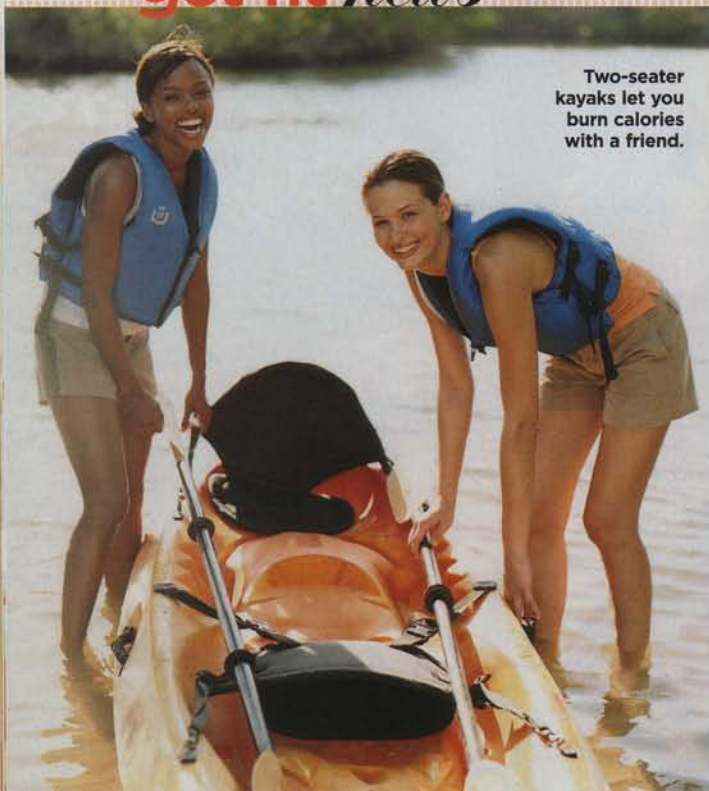


Two-seater kayaks let you burn calories with a friend.



the water workout anyone can do

Kayaking burns 329 calories per hour while strengthening your arms and core — and it's easy to get the hang of, so you can be comfortable on the water in just one lesson. Thinking of buying a kayak? First, determine where you're going to use it — in a lake, river or ocean. Anna Levesque, producer of *Girls at Play*, an instructional kayaking DVD series, suggests a wide, easy-to-steer recreational kayak for lakes or other calm-water use. They're also great for beginners since the top is open; you simply fall out if you tip over. Ocean lovers will want the speediness of a long, narrow sea or touring kayak, which cuts through waves and chop. If you're a rapid-river junkie, a shorter white-water kayak is easy to maneuver and makes it simple to right yourself should you roll. **Whatever water you're on, paddling is more about technique than physical strength.** To find a clinic near you, go to watergirlsatplay.com, which also has valuable information on clothing and equipment. —J.D.

TOP: ERICKA MCCONNELL; BOTTOM LEFT TO RIGHT: DUNCAN SMITH/GETTY IMAGES; GK HART/VIKRI HART/GETTY IMAGES (2); PAH FRANCIS/GETTY IMAGES; TRACY HIRSHAN/GETTY IMAGES

A GREAT NEW REASON TO ADOPT (OR BORROW) A DOG

Dog owners do 44 percent more physical activity each week than those without a canine, according to a study from the University of Victoria in British Columbia. Here, the best breeds for every workout personality, according to dog trainer Danielle Haller of Ventura County, Calif.-based Pets in Progress. —CONNIE HARIKUL



australian cattle dog

is your breed if you ... don't just jog around the block, you run around the county. You need a dog known for its endurance, so you won't be flying solo after your first lap. More matches: boxer, Siberian husky



golden retriever

is your breed if you ... love the gym so much that your club's staff know you by name. This gentle giant won't mind some alone time. More matches: Doberman pinscher, Great Dane



labrador retriever

is your breed if you ... can't bear to be around an ocean, lake or pool without getting wet. You want a natural swimmer that will dive right in with you. More matches: Portuguese water dog, Newfoundland



australian shepherd

is your breed if you ... hike, mountain bike, climb — anything that involves exercise and fresh air. An active herder will love the outdoors as much as you do. More matches: border collie, Great Pyrenees



bull terrier

is your breed if you ... spend lots of time doing asanas, but need to log more cardio minutes. Count on this boisterous pup to remind you when it's time to take a walk. More matches: border terrier, Staffordshire terrier