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STUDY EYES OCEAN BENEFITS

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Surfers over 40 are invited to take part in a national survey aiming to understand how time in the ocean affects the community's health and wellbeing.

A study being conducted by Queensland's Bond University is calling for surfers over 40 in the Geographe region to share their experiences in the water.

The study aims to explore the health and wellbeing of mid-age and older surfers, as surfing may have both positive and negative effects on physical and mental health.

The study is backed by surfing world champions Layne Beachley, Joel Parkinson and Pauline Menczer, who are calling for the community to participate.

The overall project is led by Dr Davinia Beaver from Bond University's Clem Jones Centre for Regenerative Medicine, and the survey is expected to take about 20 minutes



Surfing legend Layne Beachley is encouraging surfers over 40 to participate in a Bond University survey on health and wellbeing.

Picture: Dave Hukka

to complete. The survey closes at the end of June and can be completed online or by contacting surfstrong@bond.edu.au