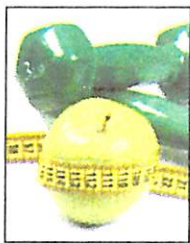




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**Kimberly Sterling with granddaughter Phoebe McCarthy**

# Fitness, family fun — on a paddleboard



## Executive Sweat Shop

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BY BILL ORBEN

Kimberly Sterling, 58, canoes, kayaks, plays racquetball and snow skis. So when her daughter, Karalynne McCarthy, 40, suggested they learn paddleboarding, she jumped at the chance to try something new.

Two years after the mother-and-daughter duo had their first lesson on Lake Ivanhoe from Maui B's Stand Up Paddleboarding Inc., paddleboarding became part of their get-togethers.

"It's something else we can do together," said Sterling, who has been doing different workout activities with her daughter since McCarthy was a teenager. "I like to stay fit, so I said, 'Sign me up.'"

Sterling, president of Orlando financial planning and investment management firm Resource Consulting Group Inc., plays racquetball three times week and does yoga and light weight training once a week. She also paddleboards at least twice a month.

A paddleboard is a larger, more stable surfboard used with a paddle to glide across a lake, river or ocean. Scotty Bumbalough, who owns Maui B's, recommends one to two lessons before heading out on flat water and an additional one to two hours of training in the surf before heading out to the ocean. "I've had people do it for leisure, fitness or the zen on the board."

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