

The Benefits of Water Exercise

Water is the most vital nutrient the human body requires. Our bodies consist of mainly water, and it functions best when we eat water rich foods. Water is a revitalizing force for our bodies, minds, spirits and overall health.

So with this in mind, let's take a look at how you can benefit from exercising in an aquatic environment. Here are some benefits of taking a plunge into the pool for some water exercise. Water exercise provides an excellent opportunity to:

*Skills and motivation
have a significant
impact on exercise
intensity.*

- increase cardiovascular endurance, strength and flexibility.
- develop all of the above three simultaneously (magic formula = resistance + buoyancy).
- experience a great all over body workout without jarring your joints.
- target/develop core strength throughout class by continually balancing and stabilizing against buoyancy, gravity, and resistance.
- experience the anti-gravity effect of buoyancy - this increases joint spaces and flexibility (movements feel bigger, easier and better while in the pool).
- instantly control/master the intensity of your workout moment to moment (the water pushes back on you with the force you push against the water).
- get a “free” mini massage from the pressure of the water against your body, results in increased circulation.
- Increase stroke volume of your heart resulting in increased efficiency of the heart.
- cool off and let loose in the relaxing waters of the pool.
- have some fun and feel refreshed!

What to Expect from your Aquatic Fitness Experience?

- To re-learn balance and stability skills in an anti gravity/ water environment
- To feel a little unfamiliar at first, practice = mastery.
- To start slow and keep building (start with proper alignment, then add power while maintaining alignment).
- To listen to your body and become more aware.
- To enjoy it more than you expected.

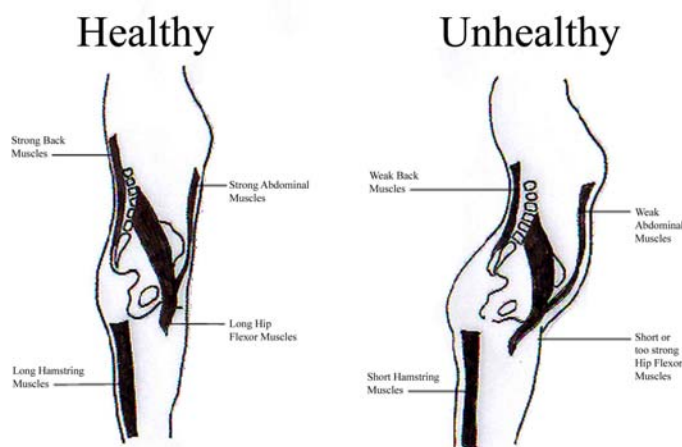
Areas to Focus

1. The most important area to focus on is proper body alignment. The pelvis needs to be aligned under the shoulders during all movements. Maintain this position throughout class. Visualize your navel moving in towards your spine.

2. In deep water, participants need to focus on a proper fitting belt and exercise technique. Attention to subtle details (i.e. hand/ foot position, size of movement) is needed.

Postural emphasis can increase torso strength without performing any specific abdominal sets..

Shallow water classes require a focus on pressing heels down to make contact with the pool bottom. Remember to utilize the resistance of the water, by pressing with force. Sometimes there is a tendency to drift with the current. Follow proper alignment and technique.



3. Proper alignment with shoulder blades depressed down and chin tucked in, is required for upper body movements. Inability to maintain this position may be indicative of weakness or problems in this area. Take rest breaks when needed to maintain technique.

Motivational Quote:

"We're given second chances every day of our life. We don't usually take them, but they're there for the taking."

Andrew M Greeley b. 1928,
American writer