

POINTERS FOR AQUATIC FITNESS

Welcome To Water Exercise

If you're now adding water exercise to your land exercise experience, you have discovered an environment with unique challenges and unusual equipment. Here are the most common questions asked by newcomers.

WHY The Webbed Mitts?

The Aqua mitt is primarily a safety feature for balance and stability. In any fitness environment, safety for the participants should be the number one priority. On land, the air mass around participants is unlikely to knock anyone over, whereas in the pool, water mass surrounds the participant and exerts buoyancy and resistance. These can unexpectedly sweep the participant off their feet. The mitt helps when learning balance and stability – fundamental to an aqua fitness class.



The extra surface area of a mitt helps to maximize vertical balance in water for good postural training. Correct sculling techniques with the mitt stabilize body alignment, whether at rest or in motion.

The mitt assists travel and helps maintain efficient movement. This increases water resistance and inertia for resistance training.

The mitt can be used to resistance-train specific muscle groups in the upper body by alternately "webbing" towards the target muscles and "slicing" to rest on the return. In lower body target training, the mitts help provide balance, stability, and good posture for more effective movements.

WHY the Shoes?



Functional Fitness is a term often heard these days. For some, the aqua fitness class allows participants (even as they age) to stay sufficiently fit in order to enjoy day-to-day activities with low risk of injury. For others, it means training their bodies for sports-specific goals. The water environment challenges our normal notions of vertical posture and body alignment.

Aqua shoes provide the wearer with more stability and traction for an upright stance when moving through water.

They reduce the effects of impact when jumping in shallow water. They also add resistance in deep or shallow water, thereby further helping build strength.

Why Not Work Out at Music Tempo?

Few people have identical body compositions. Two people may have the same height and weight, but it is unlikely that their muscle: fat ratios are identical. These differences affect how their body moves or floats in the water. Exercising in synch with the music is not always possible or advisable.

Differences in body mass, composition, and buoyancy make it improbable that two individuals will complete the same move in the same time.

As well, ideal working depths vary with participants - and, the deeper the water, the greater the buoyancy effect. A class performing a set of rebound movements should somewhat resemble popping corn - in various stages of movement - while those unable to jump at all are given the option to work in a neutral or safer working position for their own condition. Music should be used as an encouraging motivator rather than a compelling metronome.

For good workouts each participant needs to be educated to work within their own comfortable range of motion and at their own speed, whether for aerobic strength, muscle strength, or stretching.

WHY the Deep Water Belt? ...

I Can Swim!

Swimming is a horizontal exercise in which the least resistance created helps produce speed. In contrast, aqua fitness is a vertical exercise program that creates resistance to develop strength and endurance.



In a deep-water class, a belt allows you to balance work with rest rather than use all your energy keeping your head above water. It permits you to target specific muscle groups to tone your body, train for good posture and body movement, move in all directions for an aerobic workout, and stretch through a greater range of motion, with belt-support.

In shallow water, a belt offers extra buoyancy and cushioning for someone suffering with painful hip or knee joints, foot or back problems. It offers extra confidence and protection to a non-swimmer.

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