

# TRY SOME EXERCISE IN THE WATER GYM

Aquatic exercise has long been a recognized and appreciated exercise modality. Sure, you may cheat and “float”; however, aquatic fitness today is much more results oriented since we’ve discovered the power of the liquid gym.



## Aquatic Exercise:

- ✓ is an almost perfect means to condition the body, stimulate the mind, wash away stress and rejuvenate the spirit.
- ✓ may train all components of fitness in one program.
- ✓ Water provides natural resistance (12-15 times more than land before adding aquatic fitness equipment) for improved balance, strength and tone of musculature. Buoyancy protects the joints and offers gentle stretching and massage of tight muscles.
- ✓ offers excellent results for those with a fear of falling and injury
- ✓ decreases swelling and offsets tendency of blood pooling in the extremities
- ✓ Increases blood supply to muscles significantly which improves oxygen delivery to the muscles
- ✓ Massages the body to improve removal of blood lactates, lessening the effect of delayed muscles soreness
- ✓ Competes easily with land training benefits and some individuals may even experience greater improvements with less pain and discomfort

## Trainable Components of Fitness:

**Balance** by providing the opportunity to develop neurological gains with the practice of functional patterns, which additionally improves agility and coordination

**Strength/endorurance** by providing progressive variable resistance training against the force of the water

**Cardiovascular training** by improving the strength of the heart and lungs with large motor movements

**Range of motion** through buoyancy, assistance and multi-dimensional movements around the body

**Weight management** increasing muscle mass and providing energy expenditure

**Coordination and agility** through a variety of movements, programs, techniques, equipment and reaction time due to changing currents and endless combinations

**Fun** by allowing relaxation and enjoyment with a feeling of rejuvenation



## Who May benefit?

All age groups, fitness levels, medical conditions and abilities through a variety of programming options. The following are groups the especially may benefit:

- ✓ Land exercisers who have destroyed their joints and back from high impact and stress
- ✓ Athletes or weekend warriors who want a safe, effective means of cross training
- ✓ Multi medical conditions that can not do the duration nor intensity on land
- ✓ Rehabilitation after illness or injury
- ✓ Pregnant women (buoyancy supports the growing uterus)
- ✓ Kids
- ✓ People who don't like to sweat

Swimming	versus	Aquatic Fitness
Primarily Horizontal with four main strokes		Primarily Vertical however you may utilize Many body positions, exercises & techniques
Need to be a swimmer to benefit with fitness gains		Do not need to be a swimmer; however you do need to learn techniques to maximize the benefits
Goal: Primarily Cardiovascular, Speed & muscular endurance may be enhanced with swimming many laps		Goal: Balanced Workout, Weight Management (CV, flexibility, balance, agility, muscular endurance, strength, coordination, ADL's, proprioception)
More challenging to learn as an adult		Easier to learn as a non swimmer or an Adult
Usually performed on their own		May partake in a group class, personal training session or performed on your own ( if you know what to do)

by Inez Cann RN, WaterART Certified Instructor & Personal Trainer [aquahealth@hotmail.com](mailto:aquahealth@hotmail.com)