



EXERCISE IN THE WATER GYM

by Inez Cann RN, WaterART Certified Instructor & Personal Trainer

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/endorance 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. Very sociable –you may talk & exercise.

Who May benefit?

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

- ✓ Baby boomers 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)