

TRY SOME EXERCISE IN THE WATER GYM



Water exercise has long been a recognized and appreciated exercise modality. Sure, you may cheat and “float”; however, with more education and resources available more people are participating in regular programming so the sport of water fitness is growing in leaps and bounds. The key is to learn proper technique and utilize the protection and properties of the water to yield the most results.



Water Fitness /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)
- ✓ 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
- ✓ Benefits transfer to land with most individuals experiencing even greater improvements with less pain and discomfort

Who May benefit?

All age groups, fitness levels, medical conditions and abilities through a variety of programming options. The following are groups that 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 who need more fun and movement
- ✓ People who don't like to sweat
- ✓ Swimmers and Non Swimmers alike = Everyone!

What Equipment do you need to be successful with Water Exercise?

Aquatic Shoes provide balance, stability, comfort, buoyancy and resistance. Wearing shoes provide safety on deck and in showers. In the water they provide downward resistance and traction in the shallow depth and add more challenge in deep water. Sports sandals, surf-walkers, instructor shoes that drain quickly come in many styles and many budgets. Just make sure that the sole has good traction and doesn't mark the bottom of the pool. You may even wear clean athletic land shoes.

Aquatic Mitts :The primary purpose of a mitt is to aid in balance and body support. Sculling is a figure of eight movement and should be the first water skill trained so that the body learns to balance properly. The secondary purpose is to increase upper body resistance. Hand positions may be started with a slice, then progressed to a fist and finally a webbed positions for optimal drag and resistance.

Buoyancy Belts come in many styles and densities of buoyancy. Keeping the head above the water is the primary use of the belt. A belt can be used in shallow for the safety of non swimmers to help them learn correct arm and hand positions for balance. Progressing to working in deep water provides options for body positions to allow variety of movement for muscle conditioning.. Always be sure the buoyancy of the belt is suitable for each person's body composition. In other words, less buoyant people require more buoyancy whereas someone with a lot of "built in body fat" may require a lot less to balance their body in a vertical body position. To check - hang in an iron cross position in the deep water (arms out and legs in or in a T position). The water should be around neck level (not chest) and the feet should hang straight down.

WHEN ADDING EXTERNAL EQUIPMENT: Clients should be able to master each movement prior to adding equipment to any exercise. Also understand that there is a definite difference between types of equipment i.e. buoyant and resistive. For a safe progression to using equipment WaterART suggests to start with the resistive type prior to using buoyant equipment for upper body strengthening. Also, as in instructor you should get in the water and practice and feel every exercise prior to programming this.