



Water Exercise - The Wave of the Future

In the past, many people believed that "aqua aerobics" (as it was frequently called) was the domain of elderly women or the injured participant who didn't demand much of a workout. Today the picture has changed dramatically. Research shows that all levels of programming and abilities may be facilitated with aquatic fitness programming. However, understanding the purpose of exercise design is the key to results in the water.

Whether you are old or young, fit or not so fit, exercise in the water may help you to manage a healthy weight, tone and maintain bone density (and more). You do not need to even get your hair wet, nor be a swimmer; however, enjoying the water is the important. Now, find a program that suits your time and jump into the gym of the future & the fountain of youth!



Why Water ???

- : **Water exercise** is low to non-weight-bearing so movement may be applied to help transfer a painful activity into a pleasurable one.
- : **Water exercise** is a simple method of moving while protecting your joints because of the water's natural buoyancy.
- : **Water exercise** provides security. The fear of falling and breaking bones or injuring oneself is lessened
- : **Water exercise** can improve your posture with a subjective feeling of support and lightness.
- : **Water exercise** provides greater freedom of movement and multidimensional resistance or buoyancy assistance.
- : **Water exercise** creates confidence in your ability to move and perform on land.
- : **Water exercise** decreases swelling and offsets tendency of blood pooling in extremities.
- : **Water exercise** increases blood supply to muscles significantly which improves oxygen delivery to the muscles
- : **Water exercise** massages the body to improve removal of blood lactates, lessening the effect of delayed muscle soreness.
- : **Water exercise** loads or weight-bearing levels may be easily varied. You may choose to completely unload (in deep water) or load up to 50% in shallow water.
- : **Water exercise** easily competes with land training benefits and some individuals may even experience greater improvements with less pain and discomfort.

Trainable Components of the Water Are:

1. Posture Training: by maintaining head position, spinal posture, and strong core abdominal musculature. The core muscles are constantly being challenged against the dynamic currents of the water. Posture training in water may be trained utilize the many body, noodle and working positions. The client can stand tall, sit and recumbent cycle or lie sideways and ski. There are so many options to train posture in the water; however, clients must main a proper water speed and position not just bounce up and down as fast as they can.

2. Balance Training: by providing the opportunity to develop neurological gains with the practice of functional patterns, which additionally improves agility and coordination. Balance in water may be training by adding some basic movements and then stopping with a one foot hold to challenge the person's core (and the turbulence and currents naturally knock them off their feet). .



3. Strength/Endurance Training: by providing progressive variable resistance training against the force of the water. Muscles fatigue and recover quicker in the water than on land. Working down into the water's buoyancy must be done so that the muscle is resisted not assisted.

4. Muscular Balance Training: Perhaps the greatest principle of water exercise is the ability of a muscle to strengthen and the partner muscle to stretch and lengthen. This provides muscular balance to prevent acute and chronic injuries. Nobody wants pain and suffering and the water naturally pairs muscles to work down into buoyancy and up with the assistance of buoyancy. The key thing though is that the client must be taught to move properly and fully - not just up and down with speed.

5. Cardiovascular Training: by improving the strength of the heart and lungs with large motor movements. In water, cardiovascular training must be performed with large rhythmical lower body movements and the muscles must be strong to sustain this so we recommend using a variety of movement planes to provide muscular relief so that the client's muscles doesn't fatigue prior to their breathing. Also, utilizing more travel, working and body positions is more effective for higher intensity cardiovascular bouts as typically performing more speed bouts just fatigues the muscles prior to the breathing.

6. Range of Motion Training: through buoyancy's assistance and multi-dimensional movements around the body. Often clients negate range of motion to speed so the Instructor must guide clients facilitate more full range of motion without going beyond a normal range which may be assisted with equipment, body fat or water's buoyancy. Knowing normal range of motion is key for exercise safety and efficacy.

7. Weight Management Training: by increasing muscle mass and providing energy expenditure. Especially for women, water exercise yields more muscular work naturally with water's multidimensional resistance which is approximately 12-14 times that of land movement. Also, there are many styles and types of programs (shallow water, deep water, noodle exercises, Aquatic Running, Water Walking, Mind body etc, this variety of exercise routines helps the client to expend more calories because of cross training and the body doesn't adapt to routine which becomes 30% more efficient than adding more programs and exercises.

8. Coordination and Agility: through a variety of movements, programs, techniques, equipment and reaction time due to changing currents and endless combinations of the aforementioned. Our body needs many ways to train so that the surprises of life do not cause injury or overuse.

9. Functional ADLs: Did you know that all Activities of Daily Living may be trained in the water to benefit movement on land. This helps the aging population to maintain independence because they may maintain muscular strength, balance, mobility and flexibility. The key to great functional fitness working is learning to simulate land exercise with progressive exercise inventory.

10. Fun: By allowing relaxation and enjoyment with a feeling of rejuvenation. Who doesn't feel youthful in the a pool. People laugh and talk more than any other group exercise program. Instructor's may either use music (or not) depending on their group, facilities acoustics and preference. Programs should be changed frequently so that the training is never repetitive or ineffective. Everyone is encouraged to move at a pace that works for their body -so everyone is accommodated and welcomed

Keep moving and remember WaterART is Exercise with a Purpose!

