

There is a common fallacy that exercise in the water is only suited for the elderly, the injured, or the overweight participant. Another false notion amongst many consumers is that you cannot get a “good workout” or improve performance with water exercise. Sure, as with any workout you may cheat yourself and float; however the water fitness programs of today are much more result oriented, as a result, an increasing number of educated and motivated professionals that have found the power of the liquid gym. Research shows that all levels of abilities may be greatly benefited with either shallow or deep water depths and programming.

Assume for a water fitness program

1. you do not need to even get your hair wet,
2. you need not be good swimmer (you only need to be comfortable in the H<sub>2</sub>O)
3. you may wear either a swimsuit or non-cotton fitness wear
4. all ages and abilities may be programmed
5. you may enjoy a group exercise class, a personal training session or work out with your own program during lap swim times
6. there are many pools in hotels, fitness clubs, community centres, backyards, condominiums or you may utilize the lake

### 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** improves function on land as well as 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 because they generally may perform more intensity and duration

## Trainable Components of the Water Fitness Are:

**1. Posture Training:** is encouraged and performed throughout all good exercise programs. Understand that quality of exercise (and exercises) is more important than quantity of exercise. Water exercises naturally strengthen the weak muscles, and stretch the tight muscles making for less injuries and better postural alignment. The water challenges the core muscles to be constantly engaged because of the challenging currents of the water. One of the biggest benefits of water training is that the abdominals are always working throughout an entire workout program without even performing a curl!

**2. Balance Training:** is one of the most important, yet, difficult components to train on land (in terms of the risk of injury). Participants (low end fitness levels) do not challenge themselves as much as they should because they fear falling and hurting themselves. Water training is constantly challenging both static and dynamic balance because of the dynamic currents and water's turbulence. By providing the opportunity to develop neurological gains with the practice of functional patterns in a safe environment, the client additionally improves agility and coordination.

**3. Strength/Endurance Training:** may be purposefully programmed to provide progressive variable resistance training against the force of the water. There is multidimensional resistance which is approximately 12-14 times the resistance compared to a land movement. There is a sea of water fitness equipment that may be utilized for more strengthening and progressive gains.

**4. Cardiovascular Training:** by improving the strength of the heart and lungs with large motor movements. The water also massages the heart for improved circulation and venous return. Water exercise design is excellent for providing interval training benefits which helps the client perform more intensity and total work while lowering resting heart rate.

**5. Range of Motion Training:** is trained easily through buoyancy's assistance of upward movement as all upward movement is assisted with buoyancy.

**6. Weight Management Training:** because water yields multi-dimensional resistance it is very easy to increase lean muscle mass which is the bases of providing energy expenditure and increased metabolism. One of the best biggest features of water training is that all components of fitness may be trained in one session. Moving against the waters resistance is an excellent way to challenge the musculature.

**7. Coordination and Agility:** is easily trained through a variety of movements, programs, techniques, equipment and reaction time due to changing currents and endless combinations of the aforementioned

**8. Enjoyable:** Group exercise programs allow an opportunity to socialize and talk to your friends as your head is above water. Water is an all inclusive environment, and in no time, you will feel the fountain of youth and joy of movement. There is a sense of rejuvenation and feeling of calm.



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