Aquatic Exercise

This month you have learned about the benefits of fruit. One important benefit is that fruits have high water content. Water is important, but can also be a great way to get more physically activity.

This month you and your family can visit a swimming pool in your community to see how being in the water can be great physical activity. You can choose from a variety of classes or open swim sessions at the pool. Recreation and community centers may also have aquatic exercise classes or open swim sessions.

Aquatic exercise improves overall physical functioning, including walking, mobility, flexibility, balance and endurance. Other benefits of aquatic fitness may include:

- Decreases in joint or muscle pain and improvement of other sensory perceptions
- Greater ease and range of movement
- Opportunities for social connections and a support system to stay involved in exercise
- Stress reduction and relaxation

Today, aquatic fitness classes have a variety of names which offer different techniques. Most address balance, strengthening, stretching and relaxation. Some additional benefits of exercising in water are:

- **Water Resistance:** Water is a thicker medium than air, by moving in the water the amount of resistance from the water can range from 4 to 44 times that off air. Using the resistance of the water in exercise is like exercising with weights or machines on land, but safer.

- **Buoyancy:** In chest deep water, approximately 90% of your body weight is buoyant; therefore you are bearing only 10% of your weight when you exercise. Exercise in the water is much safer on your joints and muscles.

- **Cooling Effect:** Because of your constant movement in the water, cool water is continually moving around you, washing away your sweat and cooling you while you are exercising. You never feel overheated and sweaty.

- **Massaging Effect:** The pressure of the water on the joints, muscles, and internal organs, massages and comforts your body while you exercise.

When you and your family are having fun in the pool, remember that you are being active. Don’t forget to record your physical activity minutes on your July calendar.

Source: (www.nationalmssociety.org; www.aquatic-exercise-equipment.com)