



## Misconceptions About Aquatic Fitness

- **It's hard to get a good workout**

The intensity (how hard it is) of a workout is your responsibility. You need to know how to use the water. The water will only push back on you equal to the force you push against the water with. Water can have a relaxing effect on the body. A skilled instructor will motivate and remind you stay focused with strong and energetic movements. If you have a higher skill level and willingness to work hard you will get a better workout. Follow the instructor's guidance to get the most out of your workout and remember to work at a pace right for your body.

- **It's an injury free activity**

No activity is injury free. Potential injuries can result from unsafe environments, attending classes at a level too high for your current fitness level, attending classes when you have medical conditions, lack of gaining medical clearance to start a fitness program, or from poor instruction. A good instructor will give guidance on performing movements properly with good posture, offer tips for safety, give modifications when needed, be attentive to your needs, in addition to teaching an interesting and enjoyable class.

- **You need to be a good swimmer**

It is not necessary to be a "good" swimmer. You need to feel comfortable in the water and be free of fear to enjoy the experience. If you are participating in deep water classes, you must have the ability to independently maneuver yourself, with ease, from the middle of the pool to a pool edge. If you are a non-swimmer attending a shallow water class, ask the instructor to give you suggestions for vertical exercises (standing) instead of horizontal (floating) exercises. A good instructor will be able to provide you with options. If you feel uncomfortable, make sure to ask for alternatives.

## Misconceptions About Aquatic Fitness

- It's only for older, overweight, or injured individuals

Older, overweight, and injured individuals participate in aquatic fitness because they can! Water is an accommodating environment, it pushes back on you equal to the force you push against it. This accommodating environment can provide a gentle workout environment for those just starting out or it can provide a challenging cardiovascular and strength workout for those with high fitness levels. It's all up to you - to create the workout just right for your body. Enjoy the camaraderie of working out and having fun with a varied group of individuals.

- You can't lose weight

Losing weight involves eating the right amounts of nutritional foods, being active on a consistent basis, lowering your stress levels, getting adequate rest, and having a positive mental attitude. Water fitness classes provide an opportunity to be active and make you feel good about yourself. The other parts of the weight loss equation are up to you.

- It's only for women

Trends are changing. More men are participating in aquatic fitness classes. Once there are a few men in class, others are willing to try it. A good instructor will use more athletic movements so participants are more familiar with the moves and can more easily replicate them.

**\*Believe in your Abilities\***