

# Believe in your Abilities

## The Benefits of Water Exercise

Water is the most vital nutrient the human body requires. Our body consists of mainly water, and it functions best when we eat water-rich foods. Water is a revitalizing force for our bodies, minds, spirits and overall health.

So with this in mind, let's take a look at how you can benefit from exercising in an aquatic environment. Here are some benefits of taking a plunge into the pool for some water exercise. Water exercise provides an excellent opportunity to:

*Skills and motivation have a significant impact on exercise intensity.*

- increase cardiovascular endurance, strength and flexibility.
- Work all components of fitness (mentioned above) simultaneously, magic formula = resistance + buoyancy.
- experience a great all over body workout without jarring your joints.
- target/develop core strength by continually balancing against the water and working to stand tall & straight. Instead of just gravity, water adds buoyancy and resistance to work against.
- experience the anti-gravity effect of buoyancy - this increases joint spaces and flexibility (movements feel bigger, easier and better while in the pool).
- control/master the intensity of your workout at all times (the water pushes back on you with the force you push against the water).
- get a "free" mini massage from the pressure of the water against your body, results in increased circulation.
- Increased stroke volume of your heart — you get all the great benefits of exercise without as much strain to your heart.
- cool off and let loose in the relaxing waters of the pool.
- have fun and feel refreshed!

# What to Expect from your Aquatic Fitness Experience?

- To re-learn balance and stability skills in an anti gravity / water environment
- To feel a little unfamiliar at first, practice = mastery.
- To start slow and keep building (start with doing the moves properly then add power with good form).
- To listen to your body and become more aware.
- To enjoy it and feel better about yourself.

## Areas to Focus

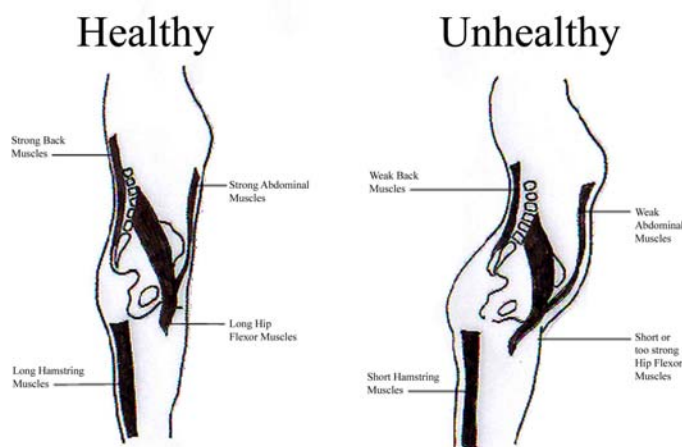
1. The most important area to focus on is proper body alignment. The pelvis needs to be aligned properly. Imagine your pelvis is a bucket, avoid tipping it backward or forwards, keep it in the middle—in a neutral position. Visualize & pull your navel moving in towards your spine to maintain a “neutral” pelvis.

2. In deep water, participants need to focus on a proper fitting belt and exercise technique. Make an effort to keep pelvis (hips) and shoulders aligned over top of each other.

**Postural emphasis can increase torso strength without performing any specific abdominal sets..**

In shallow water classes, participants need to focus on pressing heels down to make contact with the pool bottom.

In all classes remember to utilize the resistance of the water, by pushing with force. Avoid the tendency to drift with the current.



3. For you upper body, depress shoulder blades down and keep your chin tucked in. Inability to do this may indicate weakness or muscle imbalance in this area.

Take rest breaks to keep good form.

### Motivational Quote:

“We’re given second chances every day of our life. We don’t usually take them, but they’re there for the taking.”

Andrew M Greeley b. 1928,  
American writer