

SPLASHING Your Way to Fitness

When it comes to fitness, water activities have many benefits over similar land activities. Water provides buoyancy and support - and, at the same time, uses more muscle groups than any other activity. Moving in water is cooler and more comfortable for many people. Best of all, you don't have to be a serious swimmer to enjoy all the benefits.

1. WATER FUN is for pregnant women

Water fitness is ideal for pregnant women who may feel uncomfortable or unsafe in other activities. It reduces the risk of accidents (like falling off a bike) or over-heating while running. Since there is less jarring and bouncing, it can be done right up until delivery.

2. WATER FUN is for babies

New moms and their babies can continue with water activities after delivery. This dual-purpose activity is a fun way to provide infants with the muscle stimulation they need - and to teach them water safety skills (like floating on their backs) at the same time.

3. WATER FUN is for kids

Kids naturally love to play in water - from wading pools to ocean waves. Basic swim classes are essential to ensure that children can enjoy water safely. Advanced classes and swim teams are fun ways for kids to stay active and to maintain a healthy weight.

4. WATER FUN is for seniors

Water's gentle support makes pool-based fitness perfect for people as they age. Water activities can be adjusted to any level of intensity - and any chronic disease or condition that limits activity. Always check with your physician before starting a new program.

5. WATER FUN is for people with asthma & arthritis

Most of the medical problems that limit activity on land are not a problem in the water. The humid atmosphere of a pool usually works well for people with asthma. Water is so easy on painful joints, muscles and bones that many pools offer special arthritis classes.

6. WATER FUN is for everyone

Finding a place to enjoy water fun is easier than ever. The growing popularity of water fitness means that there are more pools and classes than ever. Check with your local Y, fitness clubs, colleges, schools and parks for convenient options - and make a splash!!

