



WATER EXERCISE

Exercising in water can improve your cardiovascular fitness and overall strength, and greatly reduce your likelihood of injury from exercise. People of all ages and conditions can participate in water exercise. Much less stress is placed on the body's joints in the water, making it safer and easier for people with arthritis, back and neck conditions, and excess weight than exercising on land. You are also less likely to experience soreness after exercising in water. Swimming is an excellent form of exercise, but water aerobics has the advantage of putting you through a group of exercises which move all your joints and muscles.

WATER AEROBICS

- Uses a variety of rhythmic movements in the water, using the whole body and combining arm and leg movements in varying exercises
- Increases in intensity gradually, varying from beginning to advanced
- Can be conducted in both waist-to-chest high and deep water
- Includes toning, strengthening, and aerobic exercises
- Usually includes kicks, leg swings, knee lifts, squats, and marching or jogging
- Begins with learning correct body position and coordination of specific movements
- Is cooler than working out on land
- Often involves working with a supportive group of people who face challenges similar to yours

FOR ARTHRITIS SUFFERERS

If you suffer from arthritis, you may want to try exercising in warm water. Warm water helps your muscles relax, which can relieve pain. Regular exercise helps to improve the flexibility of your joints and your overall strength and fitness. Combining the two in warm water exercise can be a very effective method of managing the discomforts of arthritis. If your local pool or club only offers cool water pools, warm water pools are often available through physical therapy facilities. Ask your physician for advice.

WATSU is a form of massage therapy specifically designed for warm pools. Many other forms of massage therapy can also be performed in the water, or immediately after you have had time in a pool. Ask your therapist if this is an option available to you!

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