



Have you Considered Exercising in Water?

Exercising in the water is an excellent option for anyone looking for an alternative to land based exercise, either for variety or due to circumstance. It can provide an intense alternative to a land based cardio workout.

It's also the perfect exercise solution for those who are limited by injury, pain, age, weight or pregnancy, providing full body support while allowing a workout that is hard enough to produce real fitness results.

In chest deep water your body can weigh up to 70% less than it does on land so it's less effort to be in the water. However once you start moving the water adds extra resistance to work against. While the resistance in water is not as intense as working out with weights on land strength gains are still made in the water. This is of particular benefit to those who are not able to train on land due to injury, weight or lack of fitness but is also useful for those who want strength gains but aren't interested in being in the gym environment.

There are also significant flexibility benefits from working in water. With weight and joints supported many people find they can get a greater range of movement in the water. The extra support the water provides also allows body positions and exercises to improve stability and balance that could not be completed on land.

When recovering from an injury, exercising in the water can enable fitness levels to be maintained while allowing recovery. Many pools have deep water pools that allow an intense workout for those with lower limb injuries.

Pregnant women can also benefit from water based exercise as the reduced weight in water makes exercising more comfortable, especially in later pregnancy. Another advantage is that joints and muscles that become more prone to injury due to the hormone relaxin that pregnancy produces are well protected. Body temperature is not elevated in the way it is on land while exercising, which is of benefit to the pregnant exerciser.

Aqua jogging involves using a flotation belt (available at the pool generally) to keep you upright so you can 'jog' in the water without having your feet on the ground. If you are not sure what to do ask if your pool has a 'workout card' with exercise suggestions, or many facilities offer a range of aqua based classes. It's very simple to pick up, and you can keep your hair out of the water.

For those wishing to manage or prevent osteoporosis, they will still need to add a land based, weight bearing element to their exercise routine in order to assist with increasing and/or maintaining bone density. Remember this doesn't mean you have to throw around heavy weights. Your body is a weight so walking, tramping and other activities will do the trick.

Whether it is an aqua based class, swimming, aqua jogging or other water based activity, if you are considering mixing up your routine and adding some water based activity there's plenty of positive reasons to do so.

If you are new to water based exercise don't forget to get the right advice to get started.

Contact details for further information about the exercise industry:

NZ Register of Exercise Professionals, Registrar Stephen Gacsal

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NZ Register of Exercise Professionals (REPs) - Independent not for profit quality mark of exercise professionals and facilities. Using REPs Registered Exercise Professionals is the "warrant of fitness check" that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver safe exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org

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Exercise Association of New Zealand - Not for profit exercise industry representative organisation. Its *mission is to proactively support a sustainable exercise and fitness industry in New Zealand by growing participation in structured exercise through advocacy, information and industry standards.*

