



## **Benefits Of Water Aerobics**

### **Provides Buoyancy & Support**

One of the major benefits of water aerobics is that it provides buoyancy and support for the body, making it less likely for the muscle, bone and joint to get injured. So it won't feel like the 250 pounds that you're actually carrying on land.

### **Quick Muscular Endurance**

The high density of water, as compared to air, leads to increased resistance, thereby augmenting muscular endurance and tone. This means that water tends to get quicker results leaving you more time to stuff your face and drink to your heart's content!

### **Improved Flexibility**

The reduced effect of gravitational force in water leads to improved flexibility in the body. The joints can be easily moved through a wider range of motion, which makes water aerobics all the more beneficial as we age. This will also make pool dancing more enjoyable.



Oh, wait....that's "Pole" dancing!

## 1. Step 1

Start in shallow water with nose clips in place and bathing cap secure. The water level should be between the ribcage and the underarm flab.

## 2. Step 2

Jog around the pool and do kicks, jumping jacks, strides and knee lifts to warm up the body for 6 to 8 minutes. Or 1 to 2 minutes.

## 3. Step 3

Lightly stretch the quadriceps, calf muscles, hip flexors and hamstrings.

## 4. Step 4

Time for a break! Another benefit of water aerobics ...



## 5. Step 5

Execute a tuck jump. Start in a standing position. Keeping the knees and ankles together, pull the knees into the chest. Return to a standing position. Move the arms in a circular motion at the side of the body; the arms lengthen as the knees lift, and bend at the elbow as the legs straighten. Good luck with that.

## 6. Step 6

Perform a frog jump. Begin with the toes, knees and thighs slightly turned out. The arms are bent in a diamond shape, with the fists close to the chest. Push the arms down to the hips while lifting the legs up and into a diamond shape. The knees point to each side at the top of the jump and mimic frog legs. Return to the starting position. And if you can accomplish that, wow! Just pray that nobody is watching as you may look like a floundering whale.

## 7. Step 7

Execute a scissors jump. Start in a standing position. As you jump, one leg moves straight forward and the other moves directly behind the body. Alternate front and back. The arms move in opposition to the legs.

## 8. Step 8

Naptime! Remember ...



## Do's and Don'ts

**DO!!**



**DONT!**



If you follow this program at least once, **the results can be amazing!**



**BEFORE...**



**...AFTER!**



## **Tips & Warnings**

- Do the jumps slowly at first, paying close attention to proper form.
- Increase the speed of the jumps gradually once proper form is in place.
- Don't wear nose clips anywhere but on the nose
- Increase the number of jumps in each set to add intensity.
- Except in the quickest jump sets, always land ball to heel, with the whole foot touching the floor. Never land headfirst!
- If you have any condition that would impair or limit your ability to engage in physical activity, please consult a physician before attempting this activity. This information is not intended as a substitute for professional medical advice or treatment.
- This Water Aerobics Program should be performed after a hearty lunch but **BEFORE** Happy Hour!