

DISCOVER THE BENEFITS OF WATER AEROBICS

by Yelena Kibasova



If you've ever hesitated to start exercising due to joint pain or other limiting conditions, you might want to give water aerobics a try. As a water aerobics instructor, I have witnessed firsthand the amazing benefits this type of workout brings to my students.

If you're hearing about water aerobics for the first time, let's talk about it. Water aerobics, also known as aqua aerobics, is a low-impact form of physical activity performed in a swimming pool. This invigorating workout includes a diverse range of exercises, all designed to improve cardiovascular fitness, strength, flexibility and overall health. While water aerobics tends to be particularly popular among seniors, it is an ideal exercise option for people of all ages and fitness levels. It's especially beneficial for those who are recovering from injuries, those who have chronic health conditions, and pregnant women. With many formats of water aerobics available, it can be easy to find one you'll love!

DIFFERENT TYPES OF WATER AEROBICS



Classic Water Aerobics:

Classic water aerobics is the most popular type of water aerobics. It includes a variety of exercises designed to work different parts of the body. The exercises are performed in the shallow end of the pool and can include jogging, jumping jacks, squats, lunges and arm movements. You do these exercises while listening to music, which helps you stay motivated. While water aerobics can be done alone, it is usually done in a group setting with an instructor.



Aqua Zumba:

Aqua Zumba is a fun and energetic form of water aerobics that combines Latin dance moves with a low-impact workout. Think of it as dancing in the water! The classes are taught by certified instructors who lead participants through a series of dance moves designed to improve cardiovascular fitness, coordination and balance. This workout is done in the shallow end of the pool and does not require the ability to swim.





Aqua Yoga:

Aqua yoga is a gentle form of water aerobics that involves performing yoga poses in the water. The buoyancy of the water provides support for the body, which makes it easier to hold poses and improve flexibility. Aqua yoga is a particularly excellent form of exercise for people who have joint pain or limited mobility.



Deep Water Aerobics:

Deep water aerobics is a more challenging type of water exercise done in the deep part of the pool. Participants wear a flotation belt that helps keep them afloat, so you don't need to know how to swim. Deep water aerobics is an excellent form of exercise for people who want to improve their strength and cardiovascular fitness.

BENEFITS OF WATER AEROBICS



Low Impact

One of the greatest benefits of water aerobics is that it is a gentle exercise on the body. The water's buoyancy lessens the impact on the joints, making it perfect for people with joint pain, arthritis, or those recovering from injuries.



Improved Cardiovascular Fitness

Water aerobics is excellent for enhancing heart health. The water's resistance makes it a more challenging workout compared to traditional aerobics, which can reduce the risk of cardiovascular disease and boost cardiovascular fitness.



Improved Muscle Strength

Water aerobics strengthens muscles effectively. The water's resistance challenges the muscles, leading to increased strength and improved overall fitness.



Increased Flexibility

Water aerobics also enhances flexibility. The water's buoyancy provides support for the body, making it easier to perform stretches and improve flexibility.



Weight Loss

Water aerobics is an excellent form of exercise for weight-loss. The water's resistance creates a challenging workout that helps burn calories.



Improved Mental Health

Water aerobics, like other exercises, enhances mental well-being. The water's soothing properties reduce stress and anxiety, while the social aspect of classes promotes a positive mood and a sense of belonging.

“THE WATER’S RESISTANCE CHALLENGES THE MUSCLES, LEADING TO INCREASED STRENGTH AND IMPROVED OVERALL FITNESS.”



CONCLUSION

Water aerobics has a lot to offer, no matter your age or fitness level. It can help you improve your heart health, strengthen your muscles, become more flexible, and even reduce stress. There are different types of water aerobics classes to choose from, so there’s something for everyone. The next time you’re searching for a fun and effective exercise, consider hopping into the pool. You might be surprised by how enjoyable and beneficial it is for your overall health. Plus, you’ll get to join a community of people who share your love for aqua fitness.

About the Author:

Yelena Kibasova, NETA-GEI, is a 15-year bariatric post-op patient, certified fitness instructor and professional writer. She has spoken at numerous obesity-related conferences over the years, including ObesityHelp, Obesity Action Coalition (OAC) and Weight Loss Surgery Foundation of America (WLSFA). She is passionate about fitness for all levels and sustainable weight maintenance plans that combine physical, mental and social well-being. She coaches clients on habit transformation for weight-loss and regain. You can learn more about Yelena on her website, MoreThanMyWeight.com.



ABOUT THE OBESITY ACTION COALITION (OAC)

The Obesity Action Coalition (OAC) is a National non-profit organization dedicated to giving a voice to individuals affected by obesity and helping them along their journey toward better health. Our core focuses are to elevate the conversation of weight and its impact on health, improve access to obesity care, provide science-based education on obesity and its treatments, and fight to eliminate weight bias and discrimination.



VIBRANT COMMUNITY



NATIONAL AWARENESS CAMPAIGNS



ANNUAL CONVENTION



ADVOCACY



PUBLIC EDUCATION

LEARN, CONNECT, ENGAGE

The OAC knows that the journey with weight can be challenging but we also know that great things happen when we learn, connect and engage. That is why the OAC Community exists. Our Community is designed to provide quality education, ongoing support programs, an opportunity to connect, and a place to take action on important issues.

Through the OAC Community, you can get access to:

- Weight & Health Education • Community Blogs
 - Community Discussion Forum
 - Ongoing Support • Meaningful Connections
- AND MUCH MORE**



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