

# H<sub>2</sub>O Fitness

## Swimming for Healthy Aging

Want a **full-body workout** in an hour that combines **cardio and resistance** with every move, is **easy on your joints**, and is **just as beneficial** for the **competitive athlete** as for someone going through rehabilitation?

**Join H<sub>2</sub>O Cardio!**

"There's nothing quite like it!" believes member Shelli Soble, an active class participant for the past two years. Soble, who has neck and shoulder problems, says, "I just seem to move wonderfully in here. When I come out, I feel so energized. My whole body has shifted without realizing it. I lost about 15 pounds without changing anything else. My arms and legs are more defined. Even my breathing is different."

Member Maggie Blackburn adds, "On land, my legs are painful when I run or exercise. Being in the water, I get a better workout. It seems to give me the energy to get on the treadmill, the bike, and the weight machines."

"You're able to feel freedom in the water that you don't feel on land," says instructor Karen King. "Many of the ladies who are involved in water cardio find that the mobility comes after a period of time and then they're better on land. That's very exciting for them!"

Aquatics Director Don Burton explains the benefits. "When you're in the water up to your shoulders, you have 90 percent

buoyancy/10 percent body weight. If you're at mid-chest, it's 75/25, and at waist level it's 50/50. So it's a lot easier on your joints but you can still get an incredible workout. For instance, moving your leg vigorously through the water is equivalent to lifting a 37-pound weight. There's a lot more overall body toning because your muscles are constantly resisting the water."

H<sub>2</sub>O Cardio is for all ages and all fitness levels. The more vigorously you move in the water, the more resistance is created and the harder the workout. It has the benefits of overall body toning since your muscles are constantly resisting the water in whichever direction you move. And it's great cross-training as you work different muscle groups from land-based exercises due to the buoyancy created by the water, as opposed to gravity. For instance, it takes more effort to push your leg down in the water than to lift it up, whereas on land it takes more effort to lift it up and gravity pulls it down. So whether you're looking for a challenging, cross-training workout or if you're rehabilitating your body, H<sub>2</sub>O Cardio is for you.



Swimming is another excellent mode of exercise, providing total body conditioning. "However, in order to get the cardiovascular benefits of swimming, you have to be at a certain level of proficiency," believes Burton. "Many people were in the water and played with their children, but never used swimming as a mode of exercise for themselves, and if they do swim, they run out of breath and go anaerobic. We offer lessons for all levels of adults from beginners to triathlete training, so everyone can get a better workout from swimming whether it's to learn proper breathing or improve on technique. We have a wide range of programs, all the way from non-swimmers (where they actually start out by blowing bubbles in bowls), to our Masters Swim program, which is a group based activity for swimmers who want to get into a routine."