

Benefits of Water Exercise

Summer is just around the corner and it's time to get back in shape. Using your swimming pool may be the best way of exercising if you are over 50, perhaps not currently enrolled in any fitness programs and/or dealing with arthritic joints, fibromyalgia, back pain or have recently undergone a joint replacement surgery. The arthritis foundation has developed water and land type exercise programs designed to help you feel good again and gain back your strength.

The buoyancy in the water relieves the stress on joints and the gentle movements in the water offer relief from arthritic pain. The resistance the water offers is a very good tool to build strength and endurance. Exercising in the unstable environment of moving water also helps to strengthen the core muscles while providing overall improvement of balance. This is an excellent way to stabilize trunk muscles, gain stability and minimize fall potential.

There are several different formats for the water.

The first is aqua aerobics for those who are somewhat fit and want a cardio workout with fun music and a use of the water's resistance. It can be done one on one or in group. These are often offered in your local fitness center.

The second type of water class is called the arthritis class. It is designed by the arthritis foundation and follows 72 moves in the water (usually warm water) and is more therapeutic in nature. It works all the joints, builds core body strength and aids in balance. Can benefit those with arthritis, joint replacements, obesity, back problems, balance problems and fibromyalgia. The third type of class is a mind body class incorporating Ai Chi Yoga and Pilates. Builds strength in the core stabilizing muscles, improves balance and is very relaxing using breathing as a calming factor.

North Shore Fitness on Wheels, LLC offers these personalized fitness programs in the comfort and privacy of your own pool or on land for those who do not have a pool. If you can not or will not go to a fitness center we will come to you.

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