

The power of vertical swimming

Water is an indispensable commodity that permeates every area of our lives, from cooking and grooming to agriculture and manufacturing. When it comes to health, the first thing that comes to mind is the daily fluid intake we need to keep hydrated and function well. But there is another role that water can play, especially when it is readily available on an island: the role of a rehabilitation centre or a gym, depending on the individual's needs. Whether you are in the ocean or at a pool, you can take advantage of an effective exercise program in the water while having fun.



From aquatherapy to aquafitness

If you suffer from arthritic pain, stiffness from joint replacement surgery or a neuromuscular disorder, you can benefit greatly from a gentle aquatherapy session. Those looking to lose weight, manage diabetes or decrease high blood pressure can enjoy a self-paced workout that will help them reach their goals in a low-impact environment. Finally, many athletes have started to incorporate water jogging and bicycling into their regular routine in order to avoid overuse injury or recover from an intense training.

Water properties for a well-rounded program

Have you ever had the chance to experience the amazing effects of water buoyancy and drag? In the same way we use gravity to exercise on land, water has several unique properties we can use to strengthen muscles, improve posture and increase flexibility. This is particularly of interest to those who need to keep active but cannot exercise on land due to a variety of reasons such as range of motion restrictions, musculature weakness or movement disorders. When exercising on land, these limitations may increase one's frustration, discomfort and pain. As a result, the recovery process slows down and takes longer to complete.

The water medium is a great alternative to get you moving again. The most well-known property of water is buoyancy, which makes you feel lighter in the water because the effect of gravity is greatly reduced. Water will then act as a cushion, protecting injured or recovering joints by lowering the impact on them. Another incredible property is drag, which increases the resistance that you feel when moving through the water. Trainers use this property to challenge the muscles and make them stronger. You can increase the effect of this property by enlarging the movements, moving faster or adding resistive equipment. A third remarkable property that helps in water exercise is heat regulation. As you exercise, the core temperature rises and the body turns to different methods to eliminate the heat and maintain homeostasis. Because the water removes the heat through convection, it allows

the body to cool down more efficiently. This is especially helpful in hot and humid weather conditions. A final property we must consider in aquatic exercise is the hydrostatic pressure, which is the pressure exerted by the water. This property helps the body pump the blood more efficiently, which allows you to exercise longer without perceiving the exercise as difficult.

Starting an aquatic exercise program

Are you interested in trying an aquatic workout? That's great! Water fitness can introduce both adults and children to exercise in order to lead healthier lives. For the seasoned gym member, an aquatic program can add variety to an existing routine or replace the traditional gym workout for those who would like a change. To get started, all you need is a swimming suit. It is not necessary to have any swimming experience in order to benefit from this versatile exercise program. However, you are encouraged to wear a pair of water shoes for more traction and stability and it is recommended that you wear a pair of webbed water gloves for extra support. As you progress through the program, the instructor will add equipment such as noodles, paddles and foam weights in order to challenge the muscles and diversify the exercises.

Water has a multitude of benefits, both for our daily lives and our health. When used properly, it can challenge the musculature, balance and coordination of the body without compromising any existing medical conditions. See you in the water!

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