

5 Excellent Exercises for the Pool

Aquatic exercises can improve agility, balance, and cardiovascular fitness.

Many types of conditions greatly benefit from pool exercise, including arthritis, fibromyalgia, back pain, joint replacements, neurological, and balance conditions.

TIP OF THE MONTH



Before starting any pool (aquatic) exercise program, always check with your physical therapist or physician to make sure pool exercises are right for you. Here are some tips to get you started:

1. Water walking or jogging:

Start with forward and backward walking in chest or waist high water. Walk about 10-20 steps forward, and then walk backward. Increase speed to make it more difficult. Also, increase intensity by jogging gently in place. Alternate jogging for 30 seconds with walking in place for 30 seconds.

Continue for 5 minutes.

2. One leg balance:

Stand on 1 leg while raising the other knee to hip level. Place a pool noodle under the raised leg, so the noodle forms a "U" with your foot in the center of the U. Hold as long as you can up to 30 seconds and switch legs. Try 1-2 sets of 5 on each leg.

3. Forward and side lunges:

Standing near a pool wall for support, if necessary, take an oversized lunge step in a forward direction. Do not let the forward knee advance past the toes. Return to the starting position and repeat with the other leg. For a side lunge, face the pool wall and take an oversized step to the side. Keep toes facing forward.

Repeat on the other side. Try 3 sets of 10 lunge steps. For variation, lunge walk in a forward or sideways direction instead of staying in place.

4. Pool planks:

Hold the noodle in front of you. Lean forward into a plank position. The noodle will be submerged under the water, and your elbows should be straight

downward toward the pool floor. Your feet should still be on the pool floor. Hold as long as comfortable, 15-60 seconds depending on your core strength.

Repeat 3-5 times.

5. Arm raises:

Using arm paddles or webbed gloves for added resistance, hold arms at your sides. Bend your elbows to 90 degrees. Raise and lower elbows and arms toward the water surface, while the elbows remain bent to 90 degrees.

Repeat for 3 sets of 10.

Tip courtesy of moveforwardpt.com.