



Lamar Aquatic Park – the Benefits of Water Exercise

Why Water Aerobics?

Staying motivated to exercise—and staying interested in exercise—can be tough. For those with diabetes, sticking with an exercise plan is especially essential. Water aerobics is a good workout for people with diabetes (especially those who are a bit older!).

Performing simple activities such as walking, running, dancing, and swimming are defined as doing aerobic exercise. This type of exercise has been around for some years.

What can you do that's aerobic in a pool?

You can walk, jog and run, all of which will strengthen quadriceps, hamstrings and glutes, as well develop cardio respiratory fitness. You can add ankle weights and arm weights and use a ball to push down.

Water aerobics has many advantages. Lasting 40 to 50 minutes, this kind of aerobics exercise is mostly performed in chest deep water. From the basic stage for beginner, to the highly advanced stage for experts, there are a variety of programs, involving the use of both arms and legs. The goal of water aerobics is to improve and strengthen cardiovascular conditioning. The resistance of water gives strength and flexibility, leading to better muscular endurance and balance. While no single exercise is perfect for everyone, water aerobics comes close by conforming to individual needs, restrictions, and abilities.

- By adjusting the size and speed of your movements, you can change the level of exertion to suit your needs.
- It allows a person to exercise every muscle and every joint in the body all at the same time.
- Because it is done in water, you may perspire, but you will remain cooler because the water cools you off as you exert. This is one reason that water aerobics is popular in climates where the weather is quite warm.
- Another benefit is that you can do it, no matter your age. The reason for this is because the water causes your body to be buoyant, thus causing less stress on your joints and muscles. Water aerobics is a non-weight bearing exercise where water, instead of your lower extremities, supports your weight.
- When it's cold outside – it's warm inside.

LAMAR AQUATIC PARK
Open Monday – Thursday
Schedule is on Back

417-682-5383
7:30 AM - 7:30 PM

Benefits of Water Aerobics:

1. Non-weight bearing exercise
2. Improves muscular endurance
3. Improves core strength and endurance
4. Great exercise for pregnant women
5. Improves flexibility
6. Improves cardiovascular conditioning
7. Burns enormous amount of calories
8. Keeps the body cool during exercise
9. Fun and enjoyable exercise
10. Great way to modify or spice up normal routine

Safety can be a huge issue when it comes to combining water and exercise, so take note of these safety tips !

Water Aerobics Safety Tips:

1. Ask your doctor before starting any program
2. Make sure lifeguard is on duty
3. Know your limits (listen to your body)
4. Give yourself space for movement
5. Stay hydrated – drink plenty of water
6. Be aware of wet surfaces while WALKING around pool area
7. Properly stretch before and after exercise
8. If you are at risk, make sure instructor and guard knows your health background
9. Finally, follow the safety rules of swimming when at a water aerobics class or when you are doing your exercises. The most important rule is to follow the buddy system and never swim or perform water aerobics alone.



You do not have to know how to swim in order to do water exercise at LAP. The water in the indoor pool is only 31/2 feet deep, so knowing how to swim should not be an issue. It's clean, it's warm, it's easy - TRY IT

Water Aerobic Tips for Diabetics

1. Warm-up using the sides of the pool, and some of the exercises will use these rails also.
2. Our pools are chlorinated, so it's essential to shower after exercising and to use moisturizing lotion.
3. Body was/ shampoo is provided I dispensers to wash out the chemicals after your session.
4. Take a 15-gram waterproof source of quick carbohydrates with you and keep it near by.
5. A good class can lead to dehydration as you will exert energy, so make sure you drink lots of water before, during, and after the class.



Why Water Exercise ?

Provides Buoyancy & Support

One of the major benefits of water aerobics is that it provides buoyancy and support for the body, making it less likely for the muscle, bone and joint to get injured. Water supports up to 80% of your weight, thereby causing less strain on the joints, back and torso, when compared to exercises performed on land.

Quick Muscular Endurance

The high density of water, as compared to air, leads to increased resistance, thereby augmenting muscular endurance and tone. This means that water aerobics builds-up toned and endured muscle mass all around the body. Also, one tends to get quicker results exercising in the water, than on land.

Improved Flexibility

The reduced effect of gravitational force in water leads to improved flexibility in the body. The joints can be easily moved through a wider range of motion, which makes water aerobics all the more beneficial as we age. Since there is no joint pain caused, you can perform the exercise without any kind of anxiety.

Improve Cardiovascular Conditioning

Water aerobics exercises prove to be extremely beneficial in terms of cardiovascular conditioning. In such an exercise, the heart rate is maintained at a lower rate, when compared to cycling or running. The heart seems to work better when you indulge in water aerobics.

Helps Keep Cool

The 'cool' quotient cannot be ruled out when we talk about the benefits of water aerobics. It is refreshing activity and lifts up the mood instantly. It keeps the body temperature constant throughout the exercise. Also, water keeps you cool and comfortable, even when the mercury is rising.

Burn Calories

We all know that exercising is the best way to get rid of those bulging fats and ever-increasing waistlines. However, do you know that water aerobics are more effective, as compared to land exercises? The former leads to a loss of about 450 to 700 calories per hour. So, if you want to shed those extra kilos, water aerobics can be extremely useful.

It provides a great deal of resistance in all directions for your muscles to work against. This multi-directional resistance provides an excellent environment for rehabilitation of injured athletes and orthopedic patients.

Ease back into Fitness

But, more important for those who are overweight or who have not exercised for a while, this is an easy way to get back and stay in an exercise program. You'll find kindred spirits in any level class from beginner to supercharged aerobic wonders.

