

Taking The Plunge Into Water Aerobics

A pool is great to have in the summer time or even year around indoors if you have access to one. Normally we equate a pool to just swimming and perhaps even doing laps but there is another use that pools now have, it's called water aerobics. Doing aerobics in the water is great for people who have back problems, arthritis and other conditions. When standing in a pool chest deep in water, the water displaces around 85% of your weight. That means that your joints will be supporting very little of your weight since the water does all the work. The water is also creating resistance. When you move your body, legs or arms the water is pushing back forcing you to work harder than you would on dry ground. Doing this a few times may not seem difficult but over the span of an entire workout, it is much more tiresome. A workout lasts around 45 minutes and can include music and an instructor. The workouts include many rhythmic body movements and dance steps. Normally the workout consists of a warm up period, stretching out and cooling down as well. The great thing about these classes is that anyone can participate. Elderly people and those who are obese find it easier to workout in the water since it displaces their weight. A normal workout of around 45 minutes will burn somewhere between 350 and 600 calories. Working out in the water is much cooler than working out on land. The water is constantly cooling the body where on land only air can do that. If it is particularly hot outside you can notice a big difference. There are some disadvantages to water aerobics including the need to have access to a pool. You may not have one in your backyard but most communities have a pool you can access or perhaps even asking a friend to use their pool. A YMCA is a great place to sign up for this type of program or even look for other places in your community. There is also a cost if you go this route. It may be included in the membership fees or there may be a separate fee. Check with the establishment since prices will vary. The other disadvantage is how many calories you burn. You would burn many more if you were on dry ground but since the water displaces your weight, it makes it easier for you and thus you will burn fewer calories. You can also stand in shallower water. If the water comes to your waist, the water is only displacing 50% of your weight. This will make it more difficult and put more strain on your joints but it will burn more calories. Make sure you do this slowly and if you feel pain then go back to deeper water. Burning more calories at the expense of having excessive pain is never worth it and may cause you to stop for a few days or sometimes weeks to recover. Water aerobics is great for everyone and if you have tried working out on land and have not enjoyed it, jump in the water. It could be just what you were looking for.

About the Author

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