



Fit Bytes

Mini messages for smart brains

Get Into The Swim of Things

Water exercise is one of the best non-impact fitness activities around and just about anybody can participate. Pregnant women, the elderly or overweight, individuals with arthritis or those recovering from an injury can all benefit from the wide variety of aquatics classes currently available.

The buoyancy of water reduces the "weight" of a person by about 90 percent.

This means that the stress on weight-bearing joints, bones and muscles is similarly reduced



The resistance of water is perfect for a strength-training workout - instead of weights, the water itself provides the resistance.

One of the easiest ways to create resistance in the water is to cup your

One of the greatest benefits of water exercise is its effect on flexibility.

Water is a welcome environment for performing stretches that might otherwise be difficult on land.

Because the effects of gravity are lessened, you can move your joints through a wider range of motion and achieve long-term flexibility.

The pool is a fun place to feel like a kid again and get a great workout. In fact, instead of feeling out of breath or exhausted, a water class can leave you feeling surprisingly calm, yet energetic. So, even if you're a dip-your-toe-in-the-water type of person, don't be afraid to take the plunge into water fitness.

Wellness Resource Center

<http://www.vanderbilt.edu/wellnesscenter>

