

July 19,

Time to look after your health & well-being

New Patients WELCOME

Dive In - To Good Health

Whether you consider yourself healthy or not, getting wet is where it's at!

If you are experiencing muscle or joint pain, have trouble moving or just want a terrific workout, then dive into the water. That's right, get wet for better health.

While swimming is recommended to athletes and injured persons of all ages, water exercise (in an upright position) has typically been seen as an activity for older adults. In reality, the fitness and rehabilitative benefits of aquatic workouts are exceptional for people of all ages and abilities.

Water exercise can help you regain or maintain a healthy body. Exercise in water can supplement your land exercise routines. How does water exercise differ from land?

- water is denser than air so it creates an ideal strength training medium to increase muscle and bone mass.

- water turbulence increases the need for body stabilization. This forces you to use your abdominal, hip and back muscles.

- this same water turbulence challenges participants who need to work on posture and balance in a safe environment.

- body weight is significantly reduced by buoyancy, causing less impact on joints and decreasing pain.

- post exercise muscle soreness is decreased as blood flow to muscles increases during workout.

- water pressure against the body decreases swelling and blood pooling in the extremities.

- water decreases painful muscle spasms and "massages" the muscles to provide increased relaxation.

In addition to providing an outstanding cardiovascular and muscle conditioning workout for the very fit (when taught by a qualified fitness or health professional) water exercise can be utilized by all individuals. People who have suffered strokes, leg pain, balance problems, joint pain, arthritic conditions, osteoporosis and MS have realized specific benefits from water exercise.

To increase your rehabilitative efforts or add a new dimension to your fitness program, think water! Getting wet has significant healthy benefits.

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