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# WATER FITNESS

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A fun way for people of all ages to stay active

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## A Safer Way to Exercise

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In water, the body has buoyancy. This makes water fitness easier on joints and bones. Because of the buoyancy, participants can jump without the limitation of gravity or any fear of falling and getting hurt.

Being submerged or partially-submerged gives more and enhanced range of motion. It also provides freedom of movement.

All of this allows workouts to become less painful.

The intensity of your water workouts is also easy to adjust.

Add speed to increase the intensity, or slow down in order to decrease it. Shallow water makes water exercise easier, while deeper water makes it harder. Find the best pace and depth for you.

## Benefits of Water Fitness:

Since the viscosity of water is greater than that of air, the resistance to movement is greater. Water provides 12 to 14 times more resistance than air during exercise. This resistance is also evenly distributed. Moreover, the water itself creates drag as it moves against the body, which can add intensity to the workout. Moving through the water creates more drag. Finally, water maintains the core temperature and establishes a balance between metabolic heat production and heat loss. The water naturally cools the body down, and therefore your core temperature tends to be lower and you don't even realize you're sweating. Water fitness is something you can do alone, with a friend, or in a class, so there's bound to be an arrangement that's fun for you. Give it a try today!

