

Top Reasons to Train in the Pool

Reap the rewards of the water.

Aquatic exercise classes are a mainstay on many group fitness schedules, and for good reason. The pool provides a low-impact environment and offers resistance that works muscles from all angles. Many personal trainers are also taking their programming to the water to help clients cross-train and reach their goals in new ways. What are some additional benefits of aquatic training?

Aquatic exercise improves the health of pregnant women and has a positive effect on their mental health.

A 10-WEEK COURSE OF CARDIOVASCULAR WATER EXERCISE “MARKEDLY REDUCED” SYSTOLIC AND MEAN ARTERIAL BLOOD PRESSURE IN PATIENTS WITH ESSENTIAL HYPERTENSION.



HYDROSTATIC PRESSURE AIDSLACHING JOINTS, MAKING AQUATIC ACTIVITIES BENEFICIAL TO THOSE WHO SUFFER FROM INFLAMMATORY DISEASES.

The buoyancy of water reduces a person’s “weight” by about 90%. Stress on weight-bearing joints, bones and muscles decreases, too.

A deep-water study showed that participants burned an average of **9.8 calories** per minute during deep-water exercise, which is equivalent to walking or running at a pace of 10–11 minutes per mile.

A STUDY THAT LOOKED AT THE PSYCHOLOGICAL BENEFITS OF AQUATIC EXERCISE FOR PEOPLE WITH FIBROMYALGIA FOUND THAT PARTICIPANTS EXPERIENCED “SIGNIFICANT DECREASES IN PAIN AND DEPRESSION.”

Water’s density is approximately 800 TIMES that of air, an important contribution to the energy cost of aquatic exercise.