

10 TIPS FOR WATER EXERCISE

Prepare to experience your best workouts yet.

BY LAURIE DENOMME

SUPERCHARGE YOUR WORKOUTS NOW!

WECOACH workouts are evidence-based movement experiences designed to help you move and feel better.

Follow these 10 tips to get more meaningful results from your workouts.

10 TIPS FOR WATER EXERCISE

1. Move in 6 directions.

The most important tip on this list! Moving in more directions helps you do more of what you enjoy most. Muscles require flexibility and strength in multiple directions to effectively step, reach, bend and swing. Instead of jogging with arms reaching only to the front, try reaching in 6 directions (front, back, right, left, right and left rotation).

2. Use 7 basic foot positions.

It's a simple, yet incredibly powerful way to improve total body functionality. Most everyday activities, like getting in and out of a car or playing a game of golf, require the feet to step and turn in multiple directions. Train the body naturally by using 7 basic foot positions: feet shoulder distance, right foot forward, left foot forward, feet wide, feet narrow, toes in and toes out.

3. Make sure it feels good.

Avoid movement that causes pain. If an exercise hurts, make the move smaller or try something different. Simply put, work in a range and at an effort that feels good!

4. Relax into the move.

Don't just go through the motions. Try to feel the muscles working by softening your knees, hips and shoulders. Relaxing helps you increase your range and sink deeper into the movement for improved flexibility and strength.

5. Challenge yourself.

Add high intensity bursts for short periods of time. Research shows this is the best way to boost your heart health. Try using an open palm or pushing harder off the bottom to move more water!

6. Trust your body.

Learn how to 'feel the move'. Always thinking about "tightening your abs" or "pulling your shoulders back" is unnatural. Relax! There's no need to overthink exercise.

7. Add stability for mobility.

Holding the pool wall or flotation equipment is not just for beginners! An added point of stability helps improve mobility by allowing the body to go deeper into a movement. Try holding the pool wall and reaching the foot in 6 directions; feel the deep hip stretch on the standing leg.

8. Mix it up.

Repetition is important when first learning an exercise, but variation brings results. Change up the exercise type, order and format to provide the challenge needed to get stronger and more flexible. Variety helps improve heart health, muscle strength and balance.

9. Use the whole pool.

Use the entire pool as a tool to get fit. Try push-ups or squats on the pool steps, or work on core strength by experimenting with suspended exercises (in 6 directions of course!). To get more length in each stretch, allow buoyancy to assist your movement. To get stronger, push harder against the resistance available in all 6 directions.

10. Have fun.

Let's face it — if you don't enjoy the workout, how motivated will you be to keep it up? Exercise should be simple, effective and fun to do!

MEANINGFUL RESULTS: ANYTIME, ANYPLACE

Land or water.

High intensity or stretch.

From injury prevention to conditioning and anything in-between. Apply these

10 tips to get more out of any workout.

Nothing could be easier!