

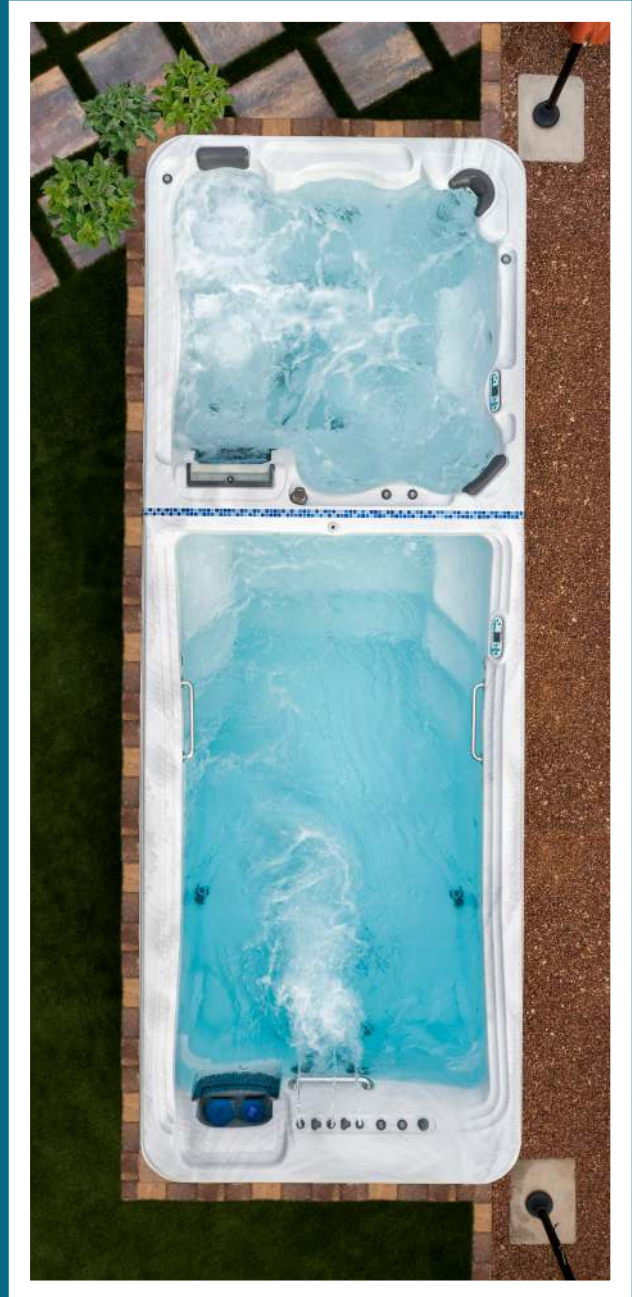
HEALTH & WELLNESS

Aquatic Exercise

Part of a healthy, well-balanced lifestyle involves some exercise. Aquatic exercise has a variety of benefits such as providing a full-body workout, reducing the risk of overheating and a lower risk of injury. The Global Lift Corp explains that due to the natural resistance provided by water, there is a lower impact on your joints. This also means that blood pressure isn't affected in the same way it is with exercise on land. When working to build strength, the water makes you work up to 12 times the resistance of air, however, when surrounded by cool water it often feels easier to burn the same amount of calories.

Livestrong clarifies that water fitness is not just meant for the elderly. People of all shapes, ages and sizes can benefit from the many aquatic exercises.

The **TidalFit Aquatic Training System** provides a wide range of exercises. Walking, jogging or swimming against the resistance of water can increase the rate at which you burn calories and strengthen muscles.



This general information is not intended to diagnose or treat any medical condition or to replace your healthcare professional.



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REFERENCES

www.globalliftcore.com/the-benefits-of-aquatic-exercise/

<https://www.livestrong.com/article/133611-water-aerobics-benefits/>