



## Why Do People Water Walk?

Most people Water Walk for One or More of the Following Reasons:

1. **FITNESS** - Getting or keeping in shape. Remember you can't just waddle back and forth and expect great results. Improving your fitness depends on how much energy you use.
2. **THERAPEUTIC** – Helping people recover from accidents and sickness, *Combating the Aging Process*.
3. **SOCIAL** – Meeting and being with other people. You can talk with others as you Water Walk. Walk facing your partner or side-by-side. Meet new people as you Water Walk.
4. **STRESS RELEASE** – Gives you a chance to just relax and forget about work, problems or other things!
5. **PEOPLE WATCHING** – There are often classes going on or others to watch! It's fun to see what is going on in the pool area!
6. **FUN** – Enjoy the diversion. Walk in a playful way and don't worry about being serious! Laugh and enjoy it! Water Walking and talking can be fun!

Water Walking is recommended in waist deep to chest deep water.

*Swim Fitness Center offers a 3 ½ to 4 ½ foot deep pool (railing are available for those who need added support for balance).*

Water Exercise and Water Walking in warm water pools have the following benefits:

- Increased strength and coordination
- Increased ability to ambulate
- Decreased pain
- Increased range of motion and flexibility

*Swim Fitness Center offers a warm water pool with water temperature 89-90°.*

**Water Walking and Water Exercise  
classes are offered:**

**Monday thru Thursday 9:30 – 10:30 am**

350 Sparta Avenue Building A, Sparta, NJ 07871  
973.729.3737

## Helpful Hints:

(1) If you participate in a water walking, water aerobics class or swim for exercise you may want to make sure the water is warm rather than cold. A study from the University of Florida found that people who exercise in cold water may eat more after the exercise session is over. This increase in appetite and subsequent food intake may negate the calorie burning benefits of exercise. The cold water may increase the metabolism temporarily fooling the body into thinking it needs more food. *Diabetics or persons on a weight loss program must take special note of this.*

(2) Water exercise is excellent for overweight people as the buoyancy of the water takes strain off the joints making exercise easier and more effective. The ideal water temperature appears to be about 90 degrees Fahrenheit. As with any exercise program, water aerobics and swimming will be more effective if combined with a well balanced healthy diet.

(3) ***ALWAYS GET YOUR MEDICAL DOCTOR'S APPROVAL BEFORE BEGINNING ANY FITNESS PROGRAM OR ACTIVITY.***

(4) **REMEMBER** – It is much better to do too little – than – to do too much!



### **SWIM FITNESS CENTER also offers:**

Pre-Natal/Post-Partum classes  
Cardio  
Arthritis

Parent-child 6 months to 2 years  
SwimAmerica Learn-to-Swim program for Pre-school and school age children  
Special Needs children classes  
Adult lessons

Lifeguarding  
Water Safety Instructor  
First Aid  
CPR

**CALL TODAY TO REGISTER or STOP IN**

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[www.swimfitnesscenter.com](http://www.swimfitnesscenter.com)