



The world of Aquafitness and the **SUPPORT** we get from it.

By Line Marr, CALA Trainer

September and January are, usually, the months where we get a healthy commitment from new members. They have decided to join your aquafitness program and here they are, in their first class, eager, full of expectation and...the ladies wearing less than an adequate bathing suit. You know that at some point during the class, you will most likely have to tell someone participating in the class to «put» their breast (s) back in their bathing suit as soon as some of the `propulsion` moves starts.

It is not unusual for women to wear beautiful bathing suits and/or a two pieces bathing suit with inadequate bra support. Others may even wear the smallest of bikinis, again with little at the top to hold anything in. The common belief among newcomers is that the water will provide a natural support for their chest, not realizing that the tender breast tissue is in fact, not well supported in the water. This lack of knowledge is usually shared by most of our newcomers to the aqua world and it is up to us to inform and educate them towards the stretching damage that may occur to their well, you know, breast tissue.

To help solve some of this dilemma, I have given out informative handouts at registrations time or at the first class. I have also suggested a great store in our area that specialized in supportive bathing suits and also suggested wearing a sport's bra under or over their current bathing suit.

However, one of the funniest ways that I have found to get the message across towards this sensitive and sometimes, embarrassing subject is to demo, on deck, what I actually see from the top... looking down. With a few example and lots of laughter, I get my point across in a manner that is funny but clear... The ice is broken; we now can have fun and enjoy a safe and *supportive* workout, without any unwanted surprises coming out of the water floating at the top...



As you can see from the picture above, presenters at the CALA conference in June 2004, had fun demonstrating this, generating a good laugh all around. Double tempo anyone?