



## Land vs Water

Aquafit exercise is a total body workout. You are working your heart through cardio movements and strengthening your muscles with each move. It is like being in the weight room at the same time you are doing an aerobic class while going for a run. At the end of each Aquafit class you are regenerated but don't feel like you have done anything yet you have done as much and in some cases more than you would have in multiple land sessions without the pain.

### What are the difference between land and water exercise?

Aqua	Land
<ul style="list-style-type: none"> <li>minimal to no impact</li> </ul>	<ul style="list-style-type: none"> <li>high impact resulting in jarring of joints</li> </ul>
<ul style="list-style-type: none"> <li>People who are unable to stand on land are able to stand in the water</li> </ul>	<ul style="list-style-type: none"> <li>People unable to stand are limited to chair or bed type exercises</li> </ul>
<ul style="list-style-type: none"> <li>Everyone is equal in the water. No limitations bases on age, body size, sex, health related limitations</li> </ul>	<ul style="list-style-type: none"> <li>Not everyone can keep up with land type classes</li> </ul>
<ul style="list-style-type: none"> <li>Water supports the body, limited chance of falling.</li> </ul>	<ul style="list-style-type: none"> <li>If you fall, there is potential for injury from the fall.</li> </ul>
<ul style="list-style-type: none"> <li>Moves will help heal injuries</li> </ul>	<ul style="list-style-type: none"> <li>Moves can potentially cause injuries</li> </ul>
<ul style="list-style-type: none"> <li>Working in the water allows your heart to work more efficiently without working as hard.</li> </ul>	<ul style="list-style-type: none"> <li>Heart has to work overtime to keep up with body requirements</li> </ul>
<ul style="list-style-type: none"> <li>Helps to reduce swelling in joints</li> </ul>	<ul style="list-style-type: none"> <li>May irritate joint injuries.</li> </ul>



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<p>☒ Cooler and refreshing</p>	<p>☒ Very warm and sweaty</p>
<p>☒ All movements use the total body</p>	<p>☒ Some moves are specific to a certain part of the body. The full body does not work with all movements.</p>
<p>☒ Don't hurt after class</p>	<p>☒ Muscle pain may result making movement difficult</p>
<p>☒ Turbulence gives you a body massage as you are working</p>	<p>☒ Have to go for a massage after the class</p>
<p>☒ Each movement requires you to push water. The density of water is about 1000 times that of air so you must work harder to move your limbs</p>	<p>☒ Very easy to move your limbs in the air</p>
<p>☒ Due to the resistance of water you movements are slow and more precise. This means you are working your muscles more efficiently.</p>	<p>☒ Move quickly and sometime jerky through the air.</p>
<p>☒ Each move is concentric and eccentric. You have to work to bring your arm down because gravity is absent. If you don't the limb float.</p>	<p>☒ Movements are concentric but gravity lowers the limb down. Muscles are working in one direction.</p>



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<p>📌 The therapeutic advantages of water such as buoyancy, thermal conductivity, and resistance are used to assist in reaching therapy goals</p>	<p>📌 Only work on specific area of body at a time.</p>
<p>📌 For people with back pain, working out in the water is more tolerable than land-based. Less impact on spine than with land based exercise.</p>	<p>📌 Too much impact that may potentially cause pain, discomfort and further damage for the person.</p>
<p>📌 Deep water exercise is almost like placing the back in traction</p>	<p>📌 Because of gravity there is compression on the back at all time.</p>
<p>📌 Warmth, buoyancy and 3-dimensional support of water provide a safe environment for someone who has balance challenges.</p>	<p>📌 Air provides no support when doing land based exercises. Person will have balancing challenges. May spend more time worry about their balance than exercising.</p>
<p>📌 Because of buoyancy, the participant weighs less thus enabling free movement.</p>	<p>📌 Participant's weight may prevent them from participating full or part in some movements</p>