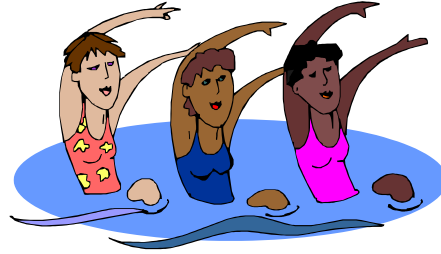


## Use Your Noodle!!

### A Simple Water Workout to Help Beat the Heat.

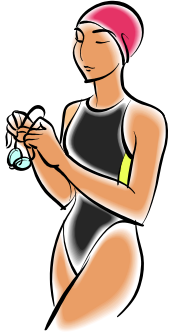


It is hard to motivate yourself to get out and exercise in the heat of the summer but everyone loves going to the pool. Why not combine the two? With the use of a "noodle" or foam tube, you can get a full body workout while watching the kids and staying cool in the water!

There are many benefits of an aquatic exercise program:

- The water supports your body, making exercises that you may struggle with on land easier and less painful.
- The buoyancy provided by the water helps to protect your joints from the impact usually associated with exercising on land.
- The water's natural resistance against movement of the body creates a higher intensity workout and works multiple muscle groups at the same time.
- Water provides twelve per cent more resistance than movement on land without the gravitational stress and pain.
- Your heart rate is slower when submerged in water. This means that water exercise is especially beneficial for pregnant women, obese individuals and participants with heart disease.
- Water exercise is wonderful for participants who have arthritis, back or other joint problems.

Knowing all this, why not try these simple moves?



Stand in water that is between waist and chest depth, warm up by walking for about 10 minutes, making sure to walk heel to toe and use arms almost in a marching movement.

### Arm Raises

- **Front:** holding a noodle in the center, in front of you with both arms, slowly bring the noodle down to the legs (you will feel your stomach muscle contract to maintain stability) equally slowly allow the noodle to return to the surface  
*Repeat 20 times, then repeat for each arm individually.*
- **Side:** Repeat the same movement as above but hold the noodle in the right hand out to the right side, do the same to the left.  
*Repeat 20 times on each arm.*

### Leg Raises

- **Front:** Stand with our back to the side of the pool for balance and with the noodle under your knee (or if you are able, under your ankle), slowly repeat the same motion for front arm raises. Be very aware of your posture and keep movements slow and controlled.  
*Repeat 15 times on each leg.*
- **Back:** Stand facing the side of the pool, holding on for support and balance slowly bring the leg back, keeping the noodle as low as you can. Please note that you will not get as large a range of motion as you will for front raises and do not bring the leg so far back that you are unable to maintain a tall posture.
- *Repeat 15 times on each leg.*

All of these exercises can be done with or without a noodle - if you are doing them without, simple increase your speed to increase the resistance and the workout!

Remember to cool down with a gentle 10 minute walk and stretch - Enjoy!