

The American College of Obstetricians and Gynecologists states women can derive health benefits from even mild to moderate exercise during pregnancy and recommend regular exercise at least three times per week. An improved fitness level is an asset throughout pregnancy because it helps minimize the fatigue most women experience.

Aqua Fitness enables you to exercise throughout your pregnancy because there is little risk of injury. Working out in the water offers many benefits to a Mother-to-be, both physiological and psychological. Water provides a safe, relaxing atmosphere that women can use and work with as their bodies change and grow.

Exercising in the water not only promotes strength, flexibility, and cardio-respiratory conditioning, but it offers comfort. Immersed in water, you seem to defy gravity! Mothers to-be appreciate the way it suspends them, especially during the last months. In neck-deep water, your body weight only feels about one-tenth of what it does on land. Imagine the 30 pounds you gain during pregnancy feeling like only three!

THREE POOL LOCATIONS AVAILABLE FOR YOU TO BE SEEN HEALTHY & STRONG!

Oyster Creek Regional Park Pool

6791 San Casa Drive, Englewood

941.681.3743

Tuesday to Friday

10:00 a.m. to 6:00 p.m.

Saturday & Sunday

11:00 a.m. to 6:00 p.m.

Port Charlotte Beach Pool

4500 Harbor Boulevard, Port Charlotte

941.627.0170

Tuesday to Friday

10:00 a.m. to 4:00 p.m.

Saturday & Sunday

11:00 a.m. to 5:00 p.m.

South County Regional Park Pool

670 Cooper Street, Punta Gorda

941.505.8686

Tuesday to Friday

10:00 a.m. to 6:00 p.m.

Saturday & Sunday

11:00 a.m. to 6:00 p.m.

Contact your local pool for class times.

www.CharlotteCountyFL.com

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CHARLOTTE COUNTY COMMUNITY SERVICES
AQUA FITNESS PRESENTS...

TOP 10 REASONS
TO PARTICIPATE IN WATER
EXERCISE CLASSES
WHEN YOU ARE
PREGNANT!



Top Ten Reasons

10. Reduced Impact Form of Exercise

Physicians recommend low impact and/or non-weight bearing exercises during pregnancy. In an aquatic environment, participants can adjust the amount of impact by varying water depth, buoyancy and body position. Deep-water training provides a non-impact exercise alternative. Also, Aqua Fitness poses little chance of injury from falls.

9. Cooling Benefits

Pregnant women have an elevated core temperature and must be cautious about overheating themselves and the fetus during exercise, especially during the first trimester. Water that is an appropriate temperature (80-85 degrees F) cools the body effectively during sustained exercise.

8. Balanced Musculoskeletal Workout

Water provides about 12 times the resistance of air. Submerged movements against the multi-directional forces of the water enhance muscle balance. Land exercises can produce muscle imbalances because the dominant force is from gravity; therefore, proper training and repositioning of the body are required to reduce this effect. The aquatic environment effortlessly produces muscle balance, however.

7. Core Strengthening and Stabilization for Posture

Traveling through shallow water provides resistance to the abdominal and lower back muscles as you maintain correct posture. These trunk muscles are also challenged in deep

water as you work to maintain correct vertical alignment. Performing abdominal exercises on land while lying on your back doesn't prepare you for the way you use these muscles in real life. Additionally, the American College of Obstetricians and Gynecologists advises against exercising in the supine position after the first trimester. Water allows a larger variety of isolation exercises for the abdominal muscles because the pregnant body can move in ways not possible on land.

6. Reduce Swelling

Hydrostatic pressure helps reduce swelling. Research has shown that just being in the water can reduce swelling as effectively as drugs. One study found water aerobics had diuretic and edema-relieving effects similar to static immersion. For some women who develop edema of pregnancy, Aqua Fitness classes may be a good option for relieving this condition.

5. Improved Circulation

Varicose veins and hemorrhoids develop as a result of venous pressure; exercise in the water has been shown to reduce this venous pressure. The combination of water pressure and movement of the muscles helps return blood from the veins in the lower extremities. The hydrostatic force of water also produces an increase of uterine blood flow that is essential to grow a healthy baby and placenta.

4. Eases Gastrointestinal Problems, (including constipation)

Movement with gravity aids digestive system function which sometimes becomes hindered by the presence of a fetus.

3. Increased Metabolism for Better Weight Regulation.

An appropriate diet during pregnancy is important for the mother's health and for proper prenatal development. Since Aqua Fitness allows you to safely remain active throughout your pregnancy, it is easier to keep your weight gain to a healthy "baby only" amount (baby, placenta, and amniotic fluid.) Not only are you more comfortable during your pregnancy, if you exercise regularly it makes it easier to regain your original figure after delivery.

2. Delivery Benefits of Exercise

Women have reported to researchers they had shorter, easier, less painful labors with less medical intervention, higher neonatal Apgar scores and quicker recoveries when they have regularly exercised during their pregnancy. When you complete your pregnancy in good condition you are better prepared for the physical demands of childbirth.

1. Reduce Feelings of Isolation

Get out of the house and down to your local pool. Meet other mom's to be, have fun, socialize, & feel good about yourself!

As with any fitness program, you should not begin without the approval of your doctor and keep him/her advised of your activity throughout your pregnancy.