

## Aqua Aerobics - an effective way to slim silhouette

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Summer just, just, and with him ... bikini season! But before you show your charms on a beach, you might want to work on them first. Where?

The best swimming pool for aqua aerobics!

Each of us has probably some reservations when it comes to our figure: too big hips, on the tummy, buttocks, which have lost firmness somewhere ... You can fight this, but anyone who knows that it is not so simple-a diet full of sacrifices and boring sets of exercises make a lot of us quickly returns to its previous behavior, which could have the effect yo-yo effect. So how do we fight needlessly kilograms? Best to simply change their attitude and instead of torture with the same sets of exercises make the movement, integral part of weight loss has become a pleasure! Surely you thought, "easy to say, but how to do this?". It's simple: choose a form of motor activity, which will be fun for you and provide a whole new experience. Such a possibility certainly gives the aqua aerobics. Has long practice in water have been recommended as a form of rehabilitation for people with skeletal and joint, or after complex operations. But everyone, regardless of age and physical condition can treat yourself to training in the water, because it does not burden the joints, muscles develop strength, endurance and overall physical fitness of the organism. In addition, aqua aerobics are not passed back. But that's not all, because the water hydrostatic pressure acts on the body such as lymphatic massage, and as body circulates more blood and lymph, are quickly removed from the toxin - the main perpetrator cellulite. In addition, during classes aqua aerobics burn more energy than during normal exercise (up to 500 calories in 45 minutes). The proposal is simple: aqua aerobics firms and tightens your whole body. If you are still not convinced of the aquatic fitness equipment, suggests that the water gives us support, if 1000 were holding hands and float our body, Weighing much less, so we head out differently. Water affects the body immersed in many ways - your body reacts to the temperature, pressure, viscosity and feels the surface tension. In addition, the movements in the water there is resistance to friction. It is also worthwhile to remember the strength of buoyancy, which causes an apparent loss of body weight. A man of 70 kg of water weighs about 6 kg. This force affects the relief of the body, making it easier to perform exercises. Benefits of exercise in water are so valuable. What are aqua aerobics classes? First of all, the practice does not need to know how to swim! This is a wonderful opportunity for those who are afraid of water - a simple and pleasant aqua aerobics can make it, fear of water slowly disappear, and you eventually learn to swim! Classes are held at the swimming pool, in the rhythm of the music - which gives the momentum and further mobilize efforts to perform. Instructor located at the edge shows the exercises, which carries the participants. Classes can take place in shallow water (waist deep), with an average water depth (to chest) and deep (no body contact with the bottom). You can also move in some classes, eg from shallow to deep water. Depending on the depth varies type of training. In shallow water, and the average exercise can be performed without additional hardware. In deep water, the necessary hardware is increasing buoyancy, allowing the freedom to drift on the surface of the water. The most commonly used include buoyancy belts (made of foam, very comfortable, fastened around the trunk), macaroni (foam tube length of approximately 1.5 m, increasing the buoyancy of which is held under the arms or sitting on them), foam barbells and weights (light dumbbells, float on the surface and only when trying to push them under water, reveal their properties, but when you put them under the armpits, increase our buoyancy) and the displacement shoes (often used in conjunction with the belt, foam soles of the support body from the bottom). For training in water are also used to increase the gear resistance. These are primarily: gloves, weights, foam, plastic bottles filled with air, special reels, clip-on of hands or feet, pieces of plastic in order to increase the retaining surface. There are also special platforms, similar to the steppes, which increase the intensity and impact on the attractiveness of teaching. Why aqua aerobic exercise? To convince us that most of his fan: - Practicing aqua aerobics four months, - After giving birth to second child, has taken on much weight, but that was not the worst. My body has changed, I had an ugly stretch marks, cellulite. I wanted to be again a smooth, supple skin without having to undergo expensive treatments. Normal fitness seemed boring, what else in the water aerobics! At first I was going to address, however, full of doubt, but they all disappeared shortly after entering the water. After 45 minutes of exercises, I felt fantastic! Aqua aerobics to the same benefits - nice water, nice people, and when it comes to exercise this care instructor, always something new happening. But above all, I am satisfied with the results, which gave the water training - cellulite evaporate, and my body became firmness! As you can see, aqua aerobics is a great way for firming skin, dropping extra pounds and strengthen the body. However, this training is still one invaluable advantage-aqua aerobic gives the possibility of variety of exercises so that classes can not be bored!