

Stay at Home

Aqua Exercise Program for Older Adults

Aqua exercises performed in a backyard pool can benefit the body and mind and enhance your overall feeling of wellbeing during periods of physical distancing. Exercising in the pool to create health benefits are focussed in two areas:

[Aqua Workout & Stretching and Breathing.](#)

All exercises should be done in **chest-deep water**, while maintaining **good posture** (feet flat on the pool bottom and hip width apart, standing tall with relaxed shoulders).

Disclaimer: Pool exercise should only be done with someone else close. If you feel dizzy or experience abnormal pain or discomfort, leave the pool immediately. It is always wise to check with your physician before beginning an exercise program, especially if you have underlying conditions

When beginning an exercise program, it is better to:

Start easy
- Week 1

Make it a little
harder - Week 2

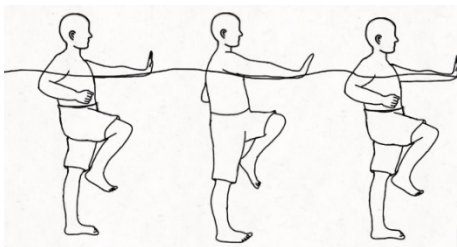
Master the
movement - Week 3

Area 1 – Aqua Workout

These exercises should be performed one after another. Take a short rest between each exercise and then move to the next (rest time is about 45 seconds to 2 minutes).

Perform this Aqua-program two times per week (with two to three days recovery). Keep your body hydrated – drink water from time to time.

Exercise 1 – Aqua Jogging



Jog from one side of the pool to the other. Pump your arms with closed fists as you run across the pool. Bring your knees up high and take short strides. For more resistance: pump your arms with your palms forward and push the water forward taking longer steps.

Week 1 -

2 Minutes, 2 Repetitions

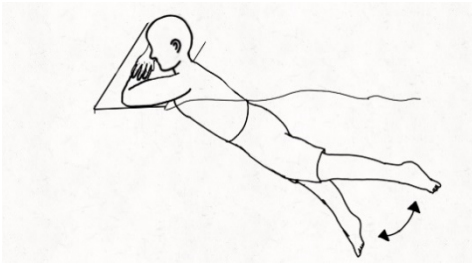
Week 2 -

2 Minutes, 3 Repetitions

Week 3 -

3 Minutes, 2 Repetitions

Exercise 2 – Flutter Kicking



Hold on to the pool wall.
With your legs extended straight behind and knees slightly bent kick your legs.

Week 1 -

2 Minutes, 3 Repetitions

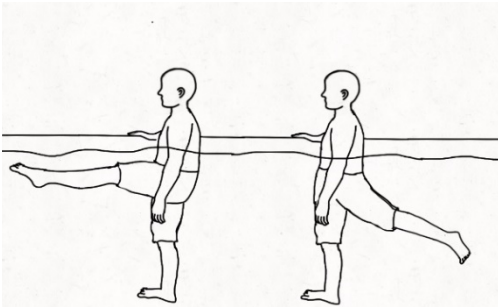
Week 2 -

2 Minutes, 4 Repetitions

Week 3 -

2-3 Minutes, 4 Repetitions

Exercise 3 – Leg Raises



Hold the pool edge with one hand for balance. Without moving your trunk, swing your leg forward and backward. Turn around and repeat the sequence with the other leg.

Next, extend your leg out to the side and return to middle. (Side-to-middle swing). Repeat the sequence on the other leg.

For more resistance: move faster when raising your leg, and slower when lowering it.

Week 1 -

10 Lifts per direction,
3 Repetitions

Week 2 -

15 Lifts per Direction,
2 Repetitions

Week 3 -

15 Lifts per Direction,
3 Repetitions

Exercise 4 – Butt Kickers



Hold the pool edge for balance. Bend your knee to bring your right heel towards your right butt cheek. Repeat with your other leg and continue to alternate sides with each kick. Start slowly and increase the speed of the movements as you become more comfortable. To challenge your balance, hold the pool edge with one hand, then progress to doing the movement without holding the edge. For more resistance: cross the leg so the heel reaches the opposite butt cheek. Lift your foot as close to the butt check as possible.

Week 1 -

30 Seconds, 4 Repetitions

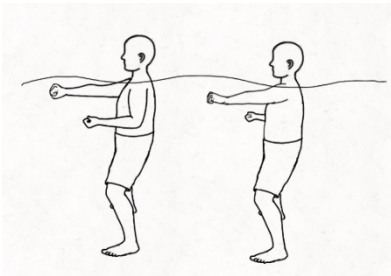
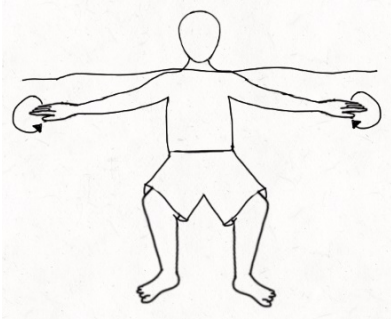
Week 2 -

30 Seconds, 5 Repetitions

Week 3 -

60 Seconds, 4 Repetitions

Exercise 5 – Arm Circles and Boxing



Bend your knees so that your shoulders are slightly submerged in the water. Raise your arms out to the side, below the surface. Keeping your arms straight and moving from the shoulders only, draw ten small circles with your hands. Next, bring your arms in front of your body, and clench your fists. Slowly start punching the water, alternating each arm for 20 total punches.

Start slow and increase the speed as you become more comfortable.

For more resistance, add punches to the side and downwards, 10 punches each direction.

Week 1 -

1 Minute, 2 Repetitions

Week 2 -

1 Minute, 3 Repetitions

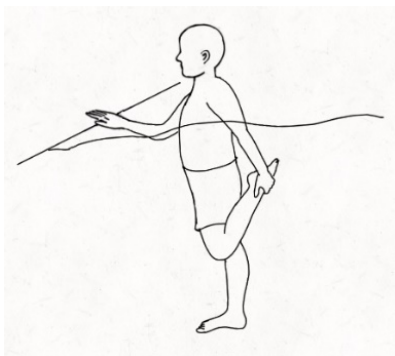
Week 3 -

1 Minute, 4 Repetitions

Area 2 – Stretching & Breathing

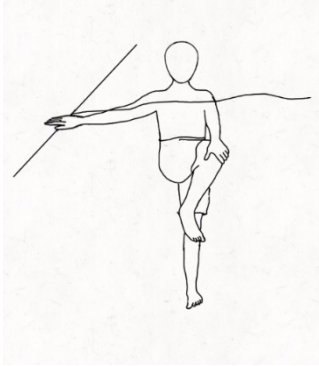
Stretching exercises are helpful to increase flexibility and reduce stiffness from the impact of our daily lives. These exercises should be performed one after another. They should be done gradually, smoothly and without forced positioning. Slow, deep breathing is recommended as you stretch. You should stop the stretch if you feel a sharp pain in the position. If you have had a recent hip and/or knee replacement do not stretch the muscles surrounding the joint. For each of the stretches, repeat twice for Week 1, three times for Week 2 and four times for Week 3.

Exercise 1 – Quadriceps Stretch



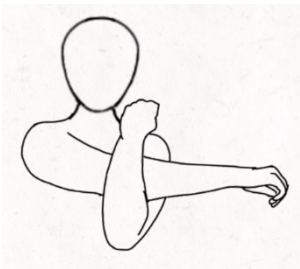
Hold the side of the pool with your right hand, bend your left knee and hold the top of your foot. Pull your foot towards your butt cheek until you feel a stretch in the front of your thigh. Keep knees together and stand tall. Hold for 10s-30s. Repeat with your right leg.

Exercise 2 – Hip Stretch



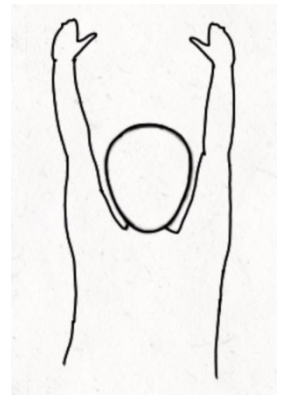
Hold the side of the pool with your right hand, lift your right knee up, raising it in front of you towards your chest. Using your left arm, pull your knee gently across your body. You will feel the stretch across the outside of your hip and butt muscles. Hold for 30 seconds. Repeat with the left leg.

Exercise 3 – Shoulder and Back Stretch

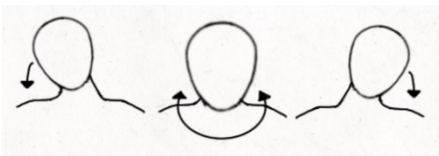


Bend your right arm across your chest at the level of your shoulder and gently pull your elbow in with your left hand until you feel the stretch in your shoulder. Hold for 30 seconds. Repeat with the left arm.

Lift the arms over your head and stretch the body up. Hold for 30 seconds.



Exercise 4 – Neck Stretch



Bending your neck, drop your right ear to your shoulder, hold for ~10sec, then, gently and slowly rotate your head in a half circle forward until your left ear is at your shoulder and hold for ~10sec. Repeat rotating and holding each side 2-3 times. Do not do full circles.