

CATCH THE WAVE!

Aquacise - The UK's Number 1 Water Fitness Programme from the STA



AQUACISE

Building Safer, Healthier & Better Skilled Communities





AQUACISE



Aquatic fitness offers many options and different forms of training from lap swimming to water walking.

Whether you are looking to improve your cardiovascular endurance or rehabilitate a chronic source of pain, Aquacise can help.

So why exercise in water?

- **Water resistance**

Because the water is a thicker medium than air, by moving in the water the amount of resistance from the water can range from 4 to 44 times that of air. Using the resistance of the water in exercise is like exercising with weights or machines on land, but safer.

- **Buoyancy**

In chest depth water approximately 90% of your body weight is buoyant, therefore you really are bearing only 10% of your weight when you exercise. Exercise in the water is much safer on your joints and muscles, virtually stress free as a result. The only true 100% stress free – non-impact routine is in deep water aquatic sessions where your feet are not on the ground.

- **Water Temperature**

The water temperature is the same all year round. You do not need to contend with the variability of the elements, hot, cold, rain, snow etc unless you are exercising in an outdoor pool environment then safety aspects will need to be considered.

- **Cooling Effect**

Because your constant movement in water generates up to 85% of your body heat during this exercise, water that is cooler than your core body temperature is continually moving around you, washing away sweat and cooling you while you are exercising. You never feel over-heated and sweaty.

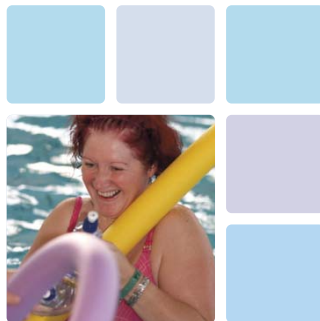
- **Hydrostatic pressure**

Hydrostatic pressure is the squeezing pressure of the water upon the body, as this force occurs it assists the Venous returns back to the heart via partial pressure reducing the demand on the heart by up to 17bpm or 13% than that of someone exercising on land. This allows you to work longer in your training zone and burn more fat as a fuel source. The Hydrostatic pressure also creates a massaging effect which helps soothe and comfort joints, muscles and internal organs.



How does it compare to other awards?

- Intensive & Comprehensive
- Combines shallow, transitional and deep water training.
- Interval & circuits
- Pre/post Natal Guidance
- Aquatic Rehabilitation
- All ages and abilities can be taught after qualifying
- Cost effective
- In house support web-site
- Pro-active company support
- High % retention rates reported
- Improved pool utilisation and increased revenue
- Safe & Affective training – site quality inspections



Client benefits

- Reduce direct impact on joints
- Improved Range of Movement (ROM)
- Improved muscle strength and endurance
- Improved muscle balance and posture
- Improved cardiovascular / respiratory system
- Specific goals can be aimed for within the programme
- Improved water confidence
- Potential to improve body composition by burning up to 550cals per session
- Reduced demand on the heart due to hydrostatic pressure
- Quicker progression
- Social interaction.



Aquacise has teamed up with Aqua Sphere to bring you the very latest in training equipment

The Aquacise Kit Bags...



Aquacise class pack (pictured)

Pack includes:

- Dual branded aquatic mesh bag
- One dual branded chamois towel
- Aqua Sphere fitness swim gloves
- Aqua Sphere water bottle
- Blue foam noodle

Aquacise Instructor pack

Pack includes:

- Wet/dry quality dual branded duffel bag
- Blue foam noodle
- Aqua Sphere fitness swim gloves
- Aqua Sphere water bottle
- Branded t-shirt
- One set of Aqua dumb bells
- One dual branded chamois towel
- The Aquacise Manual
- 1 x Aqua Sphere Kaiman goggles.

Available to buy online...!

**To find out more call 01922 645097
or email: sta@sta.co.uk
or visit www.aquacise.org**



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