



# SILVER SALTIES

## Gentle Pool Exercises



**Objective** To promote physical and social health by doing gentle exercises in a pool with a group of other like-minded people.

### Duration

30min – 45mins per session

### Frequency

One session a week

### Program

10 weeks (or ongoing)

### Place



Pool

### Intensity



Light to Moderate. Suitable for all participants particularly those who have limited mobility or who may be dealing with chronic pain or disability due to injury/other.

### Safety

#### All participants should:

- Consult with their doctor before participating.
- Be sun-safe and wear appropriate swimwear.
- Bring any medications, asthma puffers, and water.
- Be able to comfortably walk 20m in chest-deep water.

### A Typical Session

- Welcome, introductions, group check in, safety and session overview by SLS Club Leader – 5min
- Warm-up in the pool – 5min
- Gentle Exercises in the pool -15-20min
- Cool-down in the pool – 5 min
- Morning tea – Participants can meet up for morning tea with the rest of the group e.g. bring a plate or meet at a local café.

### Gentle Exercises can include the following elements:

#### Walking / Jogging

- Walking in shallow water i.e. up to waist height for 1+ laps (then graduating to shoulder height)
- Walking/jogging around a course in the pool
- Doing walking lunges in shallow water

#### Body stretches

- Any movements with pool noodles or hand weights
- Knee, leg, arm lifts

- Dance moves e.g. grapevine, chicken dance, macarena, bus stop (preferably with music!)
- Squats
- Body twists and circles
- Boxing moves

#### Games

- Water volleyball, balloon, badminton, basketball and other modified sports
- Tag games e.g. partner tag, build up tag

- Marco polo
- Dog and the bone
- Find the hidden objects

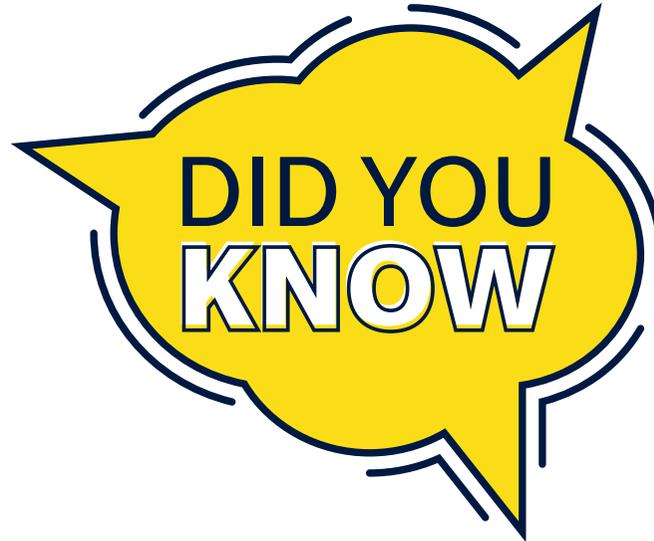
#### Swimming

- Doing any stroke of your choice slowly
- Treading water with hands and legs
- Floating on back



- From Asia to Greece, as early as 2400 BC, immersion in water was viewed as a religious experience and a method of healing. By 1500 BC, water was used to reduce fevers and by 800 BC was used for healing in Bath, England. The Greeks and then the Romans believed that water had curative powers, using it to treat arthritic joints and other conditions.

- By 500 AD, the use of water and baths fell into disfavor. It wasn't until the 1700s that water as medicine came back into use, with the development of hydrotherapy by German doctor Sigmund Hahn.



**Benefits:** Working out in waist- or chest-deep water allows you to exercise nearly every muscle and joint in your body. In addition, the water helps cool your body to keep you from getting too hot.

Because of the buoyancy of the water, you only must support about half of your body weight if you're in waist-deep water. This allows you to exercise at a greater intensity without risk of joint injury.

Source: <https://www.sportsrec.com/403736-the-history-of-water-aerobics.html>, viewed 28/08/19



- The first organized form of water aerobics was practiced by television fitness professional Jack LaLane during the 1950s. LaLane's daily television shows promoted a healthy diet and the benefits of aerobic exercise.
- As interest in health and fitness rose in the 1970s and 1980s, aquatic aerobics began gaining in popularity. The benefits of a low-impact aerobic exercise program in the water became more apparent and aquatic exercise became the exercise program of choice for athletes rehabilitating from injuries, patients recovering from surgery and the elderly.

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