

IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Great River **Health Fitness Newsletter**

JULY 2018

Stay Cool in the Pool

Water workouts benefit your heart and joints

The combination of high heat and humidity can be dangerous for people who exercise outdoors. There is a great risk for heat exhaustion, heat cramps and heat stroke when the heat index rises above 105 degrees. It may be time to move your workout to a pool.

The benefits of exercising in water include:

- Anyone can enjoy an aquatic workout, including seniors, pregnant women and overweight people.
- The buoyancy of water removes most of the impact on your joints and ligaments. Water's "lift" makes it feel like you weigh only 10 percent of your bodyweight. Exercising in warm water is great for people who have arthritis.
- The hydrostatic pressure of water pushes equally on all body parts to boost circulation. Your heart doesn't beat as hard as it would if doing the same exercise on land.
- Water provides up to 20 times more resistance than air.

You can do nearly any exercise you have done on land (or have forgotten about since your last high school PE class) in the pool. Equipment isn't necessary, but you can add it to enhance your workouts. Health Fitness has a several types:

- Foam weights help build strength.
- Pool noodles enhance abdominal exercises.
- Flotation belts allow you to jog in deep water.

"Health Fitness' therapy pools are the best-kept secret in town," says Jim, a frequent user.

Great River Health Fitness offers a variety of aquatic classes, and there are times when you can exercise by yourself. A nice soak in the pool can be very soothing, too. It can alleviate stress and decrease aches and pains.



[Learn about heat-related illnesses.](#)

Exercise Class **Highlight**

Stretch Out

5 to 5:30 p.m. Wednesday

This class takes stretching to another level by helping your muscles release tension, leaving them feeling relaxed and rejuvenated. Other results are better mobility, flexibility and muscle balance. For all fitness levels and ages – every body needs to be stretched for overall health and well-being!



REMINDER

Stay hydrated!

Your body needs more water in summertime. It is suggested that you drink half your bodyweight in ounces of water every day. For example, if you weigh 150 pounds, you should drink 75 ounces.

Don't rely on thirst to indicate your body's need for water. When you are adequately hydrated, your urine should be colorless to pale yellow.

Tips for increasing your water intake

- Drink water at different temperatures to learn how you prefer it.
- Add fruits or herbs to flavor water. Try lemon, lime, cucumber or frozen berries, grapes or watermelon. Try sprigs of mint or basil, and experiment with combinations.
- Buy a pretty or fun water bottle that suits your personality.
- Drink carbonated water for a change of pace.
- Keep a water bottle with you at all times.
- Set reminders for drinking more water.
- Choose water when dining out.
- Drink a glass of water before meals.
- Use a container with measurements to track how much you're drinking.



Important **Dates**

Wednesday, July 4 – Closed for Independence Day

Monday, July 16 – Free blood pressure screening, 8 a.m.

Saturday, July 21 – Great River Health Fitness is helping with Henry County Fair's obstacle course for kids, noon to 4 p.m.

New quarterly exercise schedules

Aquatic exercise

Land exercise