

AQUAGYM EXERCISES CONTRIBUTION AT THE HEALTH OF ADULTS

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Abstract: Aqua Gym or aqua fitness is an element relatively new in our country that everyone, without restriction, can benefit, from children and young people up to age three. The novelty is given by the combination aerobic gymnastics – aquatic environment. The benefits of aerobic gymnastics combined with water effects on the body give a feeling of lightness and relaxation, with beneficial influence on cardiovascular and respiratory systems, strengthening joints and toning muscles, risk of injury being much lower, because the water reduces body weight by up to 85% depending on its depth and has a 12 times greater resistance than air. With aqua gym exercises, pounds can be taken off without drastic and exaggerated dieting, it gains posture, strengthens muscles, increases self-confidence, mind is more clear, gaining a beneficial wellness for mind and body.

Introduction:

Unfortunately, the lifestyle of modern human has several negative aspects than the human from the past. Failure, anxiety, nervousness, agitation, panic, either physical and mental strain, or irritability are issues that leave a mark visible on our lifestyle, negatively influencing everything we do.

Due to the need to relax, disconnect, to have a balanced diet, practice physical exercises more often and diversified, society sought to meet the needs of the modern world and the new trend, by offering quality services more numerous and diversified.

Given the fact that the number of cases of morbid obesity is increasing lately, this has led to emotional problems, spiritual discomfort and self-dissatisfaction. These emotional difficulties lead to the appearance of bulimia (overeating) or anorexia (starvation). Lack of exercise in everyday life deteriorates the body, and leads to inability to

cope with difficulties, being prone to about 170 diseases per day due to weakened immune system and vulnerability of the body.

Each of us want a beautiful body toned and healthy, but it is increasingly difficult. Time increasingly longer spent in the office, unhealthy diets, sedentary lifestyle, cause extra weight and health problems.

Physical exercise meets this managed thing, not only by preventing but also by treating, transforming discomfort and anxiety in a good state and a better image about themselves. To help overweight people and those who want to maintain physical condition and why not, to acquire a body toned and harmonious through several programs and exercises. Of these, the most current and a number of followers up are Agua Gym.

Through these exercises, in a relatively short working time, requiring 45-50 minutes a day, you can get good results because the modalities of execution of the exercises. The novelty of the exercise is given by the combination aerobics-aquatic environment, gymnastics aerobic benefits combined with water effects give the body a feeling of lightness and relaxation (water taking over 70% of body weight).

Aqua fitness first appeared in France, in 1980 and the name of Aqua Gym was assigned once with the publication of "Aqua Gym" book, written by Christiane Gourlaouen who treats this type of gymnastics. Through this type of sport is aimed to strengthen muscles, weight loss and body toning.

Material-method:

Aqua gym is a form of gymnastics that is practiced in the water, more indicated being a pool. Due to the aquatic environment that creates a feeling of comfort in a "stress free" environment, you also have the opportunity to completely disconnect from the daily reality.

Practicing Aqua gym exercises, does not require a specific outfit, especially. Women can choose a swimsuit in one or two pieces, depending on the comfort of each, without squeezing or being uncomfortable, especially for the shoulders. Swimming pools rules are requiring that people using the basin, to wear helmets. In the covered swimming pools, water is warmer and more constant than those outside. On the other hand, covered swimming pools are noisier.

External swimming pools offer a better oxygenation, but if the basin is not heated, its temperature will depend very much on weather

conditions (however many swimming pools are heated nowadays). Water temperature must be at least 28°C, ideally 29°C because it represents the body external temperature. Thermal neutrality (the balance between heat loss and factors of production) is 36°C in the water and 33°C in air. Aqua gym exercises focused on relaxation or recovery requires a higher water temperature, thus being able to reach 30-33 degrees Celsius.

Water pool depth is irrelevant. Aqua gym exercises can be practiced in shallower water (from 1.20m to 1.50m, depending on the objectives and skills practitioners) and in deeper water. To work in optimal conditions, the height of the water must be until you chest. When running exercise should not hesitate to use the edges of the pool and its facilities, which will allow optimization of resources and chase monotony. Water pressure helps prevent shock and decrease muscle pain risk, muscle injury disposals, providing a feeling of lightness. This discipline can be practiced at any age. It is a sport that works different muscle groups: abdominals, buttocks, arms, shoulders, etc. It is practiced on musical rhythm that gives the necessary pace of each session separately. Aqua gym includes all courses and exercises to maintain physical condition in water, like in an aerobics studio. Aqua gym exercises consist of movements of arms and legs combined, borrowed from aerobics classes, performed with additional equipment: dumbbells, gloves, sticks, palm prints, drawing pneumatic steppers, plastic floats which are attached to the arms closer to the armpit, fins, brassieres, vests, seat, cork, plastic balls, etc.

Aqua classes are using the natural resistance of water in order to strength muscles and cardiovascular system. They consist in combinations of several sports: gymnastics, dance, swimming, athletics, martial arts, yoga, aerobics and working on equipment. This type of sports injuries limited, because the water weight is felt easier, shocks and impacts are limited, reducing risks of injury. Movements are facilitated because the exercises are made easier in water than on the ground, but made with greater amplexness.

Physical exercise continuously practiced and physical rhythmic activity of main muscle groups, lead to the cardiovascular system strengthening. When a physical exercise is practiced, the muscle needs more oxygenated blood.

Of the many structures of aqua gym exercises that can be executed (the background music in a moderate tempo 2/4) I will display only a few, for different segments of the body:



Fig. 1 for arms



Fig. 2 for the trunk



Fig. 3 for abdomen



Fig. 4 for abdomen and arms



Fig. 5 for hips



Fig. 6 for legs

It will remove carbon dioxide and other products useless for metabolism to be removed. This makes your heart beat faster in order to pump oxygenated blood so that it can “wash” muscles from these useless substances. Once the body is accustomed to physical exercise, the heart becomes stronger and the transport of blood in the muscle is done without much effort. Each of us is aware of the benefits of cardiovascular exercises practicing on our health. It is advisable to seek medical advice before starting an exercise program.

Heart rate plays an important role for heart strengthening. Physical exercises should be done so that the pulse time effort to reach 60-80% of maximum heart rate (namely 220). For exercises made to be

effective, it must take account of frequency (conducting exercises three times a week), intensity (exercise is made in order to reach the age specific heart rate that exercise practice).

Advice: pulse is taken immediately after the exercise (heartbeats are numbered for 15 seconds and multiply by 4) and during exercises (there must be made at least 20 minutes of exercises at each session of Pilates and / or Aqua gym).

Following programs, metabolism will not be affected as a result of diet or exercises abandonment because of boredom.

It happens frequently that the exercise program to be abandoned, because the state of boredom, of its routine after most two or three weeks. To avoid this situation, the program will be diversified with a permanent frequency. The advantage would be that in a short period of time, the persons involved not only they will make their exercises with pleasure, but performing their exercises will not be a thing mandatory in order to achieve a target, as happens at first, but a very fun and exciting activity. Always working different besides, the idea of boredom will disappear; will train a great range of muscle group.

Even in terms of the simplest exercise is available the innovation rule. Once an exercise is regularly made, you will get used to. So that you can easily make 20-30 complete movements following that you pass to another phase which engages more muscle groups. For example, in aqua gym exercises: if light ball jumps off both feet have become commonplace, they will proceed to jump on one leg, or jumping knees to chest. The idea is that once an exercise became too easy, is a sign that its rhythm must be intensified and its difficulty degree must be increased, contrary to popular belief that you will get a “muscles package”.

You should not start from the idea of making sport strictly for weight loss of x pounds or losing x inches height, because once reached that target, for that purpose, the risk of abandonment, the waiver of physical exercises done for maintenance the shape of the body, to be always young, beautiful, energetic, or any other reason really constructive for long term. Sports have become a way of life, to do with pleasure and not a chore, be aware that for a long life without diseases, sport is an ideal solution.

Results:

Beneficial effects on individual health and general human activity is already very popular but scientifically proven as numerous studies describing the mechanisms by which physical exercise influences body

functions and systems. “European Sports Charter” in Article 2, defines sport as “all forms of physical activity” that aims to:

- express or improve physical fitness (pilates, aqua gym) and a good mental state;
- social relationship ;

Benefits on the cardiovascular system are varied: the amount of blood that heart pumps is increasing, vessels blood expands and becomes more fluid , running more easily through arteries and veins. Lungs are trained to vent a greater quantity of air per minute. Skeletal muscles strength and endurance is increasing; total fat mass is decreasing (adipose tissue), the muscle ability to take up glucose form the blood is also increasing, aspects beneficial to diabetes. It is increasing muscle ability to extract fat from the blood and to use it for energy purchase (helps in arteriosclerosis), improves bowel movements removing constipation (helps in colon cancer), and improves speed of reaction and responses to various stimulus. Psychosocial behavior changes, having a better image about themselves, increases professional effectiveness, family behavior, being established “wellness state”, removing depression and anxiety. This type of exercise burns more calories because your body fights the cold temperature water, leading to consumption of energy and calories.

To fill this gap in temperature, your body produces more heat (and therefore will consume more calories).When the body heat production is insufficient (excessively tired), the body will seek to maintain constant temperature, which will lead to a reduced blood flow, especially in the extremities. If the sensation of cold persists is time to leave the water (symptoms: tremors, cramps, purple lips, reducing handling skills limbs).

Water from the pool with a temperature of 30 degrees helps to release joints and muscles tensions and also to disposal body fluids through the mechanical action of fluid massage and the effect of osmosis. It promotes muscle down and mental relaxation. Water massage leads to a firmed skin (drainage effect). Sensation of heavy legs is attenuated due to hydrostatic water pressure on the body. In water, the abdomen is always working. Combustion is more intense due to water that offers resistance to movements, which is why muscle is forced to work harder and make an extra effort body. Aqua gym improves blood circulation, water pressure and hydro massage favoring also the blood flow to the heart. An important thing to be known when it comes to aqua gym is that to practice this sport is not necessary to know how to swim, you just have to want to discover how fun it is to try water aerobics.

Aqua gym is a sport increasingly popular among women because the effort is more pleasant than a usual hour of aerobics.

Aqua gym exercises that are done on a background music, chosen according to the pace and intensity of exercise performed creates an atmosphere of good humor, which reduces fatigue, boredom, pleasure increases execution. Because of the existence of music in the exercise, the instructor work becomes easier, replacing to some extent control the instructor or count, because those participating will be guided by the melodic rhythm. Thus, the instructor can intervene more on observations, or correction of an erroneous execution of the exercise.

Discussions:

This sport has a great attraction in the population, because it does not require special sporting qualities, that is accessible to all ages and that takes place in the aquatic environment. For aqua gym exercises to be effective, it will work 2-3 times a week every 45-50 minutes at each session being performed at least 20 complete motions at a level to reach the practitioner age specific heart rate.

Aqua gym can be practiced by anyone but find that most of the population who practice this sport is almost exclusively female. Aqua gym includes all courses and exercises to maintain physical condition in the water just like in an aerobic studio.

This sport is recommended for people with weight problems as heart and joints not subject to a very intense activity. Also shown, it is beneficial for sedentary people who have never practiced sports, with muscles and joints locked. It is used by people who want to keep fit and those who face the problem of cellulite. It is never too late to practice these forms of activity, programs being very effective, and their performance being enough short. The fact that this type of exercises is performed on background music, creating a pleasant environment, music having some well-known therapeutic effects. Water, besides the fact that creates a feeling of comfort, movement will be executed more easily and with greater pleasure, having influence on cardiovascular and respiratory systems, strengthen joints and muscle toning, risk of injury is much lower, since water reduces body weight by up to 85% depending on its depth and has a 12 times greater resistance than air. With aqua gym exercises, pounds can be taken off without drastic dieting and exaggerated, posture can be gained, increase self-confidence, the mind is clear, but also a wellness benefit for himself it is achieved.

Precautions to take when practicing Aqua gym exercises:

1. avoid performing exercises in the pool without supervision;
2. to avoid hypertension, it is never indicated to enter in the water immediately after sun exposure. Previously wet face, neck, back, until reduced and body temperature uniformly;
3. in outdoor pools, do not enter in the water during storms (risk of lightning);
4. do not enter in the pool, without having eaten anything before;
5. you need to hydrate before, during and after the exercise. Even if we do not realize, the body sweats equally in the water;
6. the use of shoes, slippers which are not slipping is indicated;
7. objectives should be set reasonably and to work in their one pace, without excesses. It is advisable to vary the exercises to each session.

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Titlu : Contribuția exercițiilor aquagym la starea de sănătate a persoanelor adulte.

Cuvinte cheie : aquagym, sănătate, dezvoltare armonioasă, sport de întreținere, calitatea vieții.

Rezumat : Aqua Gym sau gimnastica acvatică este element relativ nou în țara noastră de care poate beneficia toată lumea fără restricții, de la copii și tineri până la persoanele de vârstă a treia.

Elementul de noutate este dat de combinația gimnastica aerobica- mediul acvatic, beneficiile gimnasticii aerobice imbinat cu efectele apei asupra organismului dau o senzație de lejeritate și relaxare, având influențe benefice asupra sistemelor cardiovascular și respirator, la întărirea

articulațiilor și tonifierea musculaturii, riscul de accidentări fiind mult mai scăzut, deoarece apa diminuează din greutatea corpului cu până la 85% în funcție de adâncimea ei și are o rezistență mai mare de 12 ori decât cea a aerului. Cu ajutorul exercițiilor de aquagym kilogramele se dau jos fără diete drastice și exagerate, se castiga tinuta corporala, se întărește musculatura, crește încrederea în forțele proprii, mintea este mai limpede dobândind o stare de bine benefică pentru minte și corp.

Titre: La contribution des exercices de aquagym à l'état de santé des adultes.

Mots-clé : aquagym, santé, entretien, développement harmonieux, qualité de la vie.

Résumé : Récemment connu dans notre pays, „AquaGym” ou „la gymnastique aquatique” est un élément qui représente un bénéfice pour tout le monde : enfants, jeunes jusqu'aux personnes du troisième âge.

Cette combinaison gymnastique aérobie – milieu aquatique, représente la nouveauté. Les exercices de gymnastique aérobie augmentés par l'effet de l'eau sur le corps produisent une sensation de confort et de relâchement, ayant des influences notables sur les systèmes cardio-vasculaire et respiratoire. Ils contribuent aussi à la fortification des articulations et de la musculature, ainsi que le risque des accidents diminue. Tout s'explique parce que la masse corporelle baisse jusqu'à 85% en fonction de la profondeur de l'eau qui fait une opposition multipliée par 12 par comparaison à celle de l'air. À l'aide des exercices de aquagym on devient plus maigre sans de diètes alimentaires sévères, on obtient un corps bien tenu, on fortifie ses muscles, on a plus de confiance dans ses forces, on est en bon état.