

## Aqua Fit for Seniors

## Sandra Eberlein

In the water it is easier and better for older adults to move their joints, which were over the years affected by the aging process. Numberless possibilities exist to strengthen the muscles through the waterresistance.

Strong muscles safe the bonestructure of wrong movements, pain of joints, backache as well as osteoporose. With each muscle construction one „fights“ against the reduction of the bone- density.

In order to reach these aims successfully, the one or the other couchpotato has to overcome his or hers deepest lethargy. Music can provoke miracles!!!

Well known and loved songs automatically cause movements. Without any music the participants perform less the movement.

With the following songs the movement in the water is much easier!

(a small selection)

Songs	Basic moves (little session)
<ul style="list-style-type: none"><li>• Love is in the air</li></ul>	Warm- up for the bigger musclegroups
<ul style="list-style-type: none"><li>• Cheep, Cheep, Cheep</li></ul>	Cardio warm- up: To increase the Heart circulation through jogging, Kicking und scissors and work in travel.
<ul style="list-style-type: none"><li>• Stars on 45</li><li>• Medley</li></ul>	Strengthen exercises fort he upperbody and trunk with an equipment. For example: 1 or 2 Aqua Disc
<ul style="list-style-type: none"><li>• Bolero (short version)</li></ul>	Rocking with the music. Relaxation exercises for the joints of hands and fingers. Release the shoulders.
<ul style="list-style-type: none"><li>• Violin Magic</li></ul>	Kicking, scissors , galopp
	Push away diagonal in front of your body the knees, calfs and foot.
<ul style="list-style-type: none"><li>• Oops up</li></ul>	Jogging, Kicking, dancing shoulders
<ul style="list-style-type: none"><li>• Andre' Reau</li></ul>	Dancing the waltz, scissors forwards, backwards and sidwards
<ul style="list-style-type: none"><li>• Oh la, la, la</li></ul>	Jumping, scissors
<ul style="list-style-type: none"><li>• Samba</li></ul>	Swinging the hips
<ul style="list-style-type: none"><li>• Half a minute</li></ul>	Mix of basicmoves
<ul style="list-style-type: none"><li>• Banana boat</li></ul>	Stretching/ Warm down

Have fun!!!

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