



**THE VILLAGE AT  
ORCHARD RIDGE**

A National Lutheran Community

# Dive into Fitness this Summer

## Three key water exercises to keep you active

Summer is the perfect time to get your fitness routine in check. Have fun while getting fit with the help of water exercises! Not only do they provide a good time, but they also have numerous health benefits. Discover three water exercises to keep you moving and how they can benefit you below:



### 1. Swimming

Swimming is the perfect summer activity to keep you cool, but did you know it has many benefits for your health? Swimming is great for people of all ages due to its low-impact nature, which means it is gentle on your joints. In addition, swimming is great for your overall cardiovascular health, making your heart stronger while also increasing its endurance. Swimming is proven to improve your muscle strength and increase muscle tone, so you can look and feel your best. Many have also seen improvements with flexibility, coordination and posture. Not only does swimming have physical benefits, but it has mental benefits as well. It can help decrease stress levels, help boost your mood and increase brain function. So, next time you take a dip in the pool, besides having fun, you are also benefiting your body and mind.

### 2. Water Aerobics

Get fit while socializing with friends by joining a water aerobics class. Some of the equipment used in these classes may consist of wrist or ankle weights, foam dumbbells or hand paddles which will help to improve strength in your muscles. Water aerobics is also shown to help your balance and coordination as well as boost your metabolism and aid in weight loss. In addition, water aerobics is also good for your mental health. Joining a class allows you to socialize and make friends, which can help to fend off feelings of isolation or loneliness.

### 3. Pool Volleyball

Get your game on and contribute to a team with pool volleyball! As a group sport, this form of exercise helps increase your socialization, which can be a great mood booster. Pool volleyball is also a great way to get rid of unwanted stress, so you can feel more relaxed. Aside from socialization and reducing stress, pool volleyball can help you burn fat, while also giving you more muscle strength and definition at the same time. Furthermore, it can be an effective way to improve coordination and balance which can help reduce falls.



Call 540-486-2956 or visit: [www.thevillageatorchardridge.org](http://www.thevillageatorchardridge.org)

The Village at Orchard Ridge is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.