

# Uncover the Advantages of Aquatic Workouts



Gear up for a summer of fitness and fun with invigorating water exercises! Not only will you enjoy yourself, but you'll also reap the health benefits. Explore three engaging water exercises below that will keep you active and enhance your well-being:

## Swimming

Dive into the refreshing waters and unlock a multitude of health advantages. Swimming offers a low-impact workout suitable for all ages, as it minimizes stress on your joints. Embrace the cardiovascular benefits as your heart grows stronger and more resilient. Enhance muscle strength and tone, embrace flexibility, coordination and improved posture. Beyond physical gains, swimming promotes mental well-being by reducing stress levels, uplifting your mood and boosting cognitive function. So, the next time you take a dip, remember that you're nurturing both your body and mind.



## Water aerobics

Combine exercise and socialization by joining a vibrant water aerobics class. Utilizing wrist or ankle weights, foam dumbbells or hand paddles, these classes enhance muscle strength. Improve your balance and coordination while igniting your metabolism! Engaging in water aerobics also fosters mental health by providing a space for social connections and warding off feelings of isolation or loneliness.

## Water frisbee

Make a splash and engage in a thrilling game of water frisbee. Experience the excitement as you toss and catch the frisbee in the water. This enjoyable water sport combines cardio and agility, making it a fantastic way to burn calories while improving your reflexes and hand-eye coordination. Water frisbee also challenges your core muscles as you twist and turn to catch the flying disc, leading to increased stability and balance. Gather your friends or family, unleash your competitive spirit and relish the invigorating experience of aqua frisbee.

Embrace the power of water exercises this summer, immersing yourself in a world of fitness and holistic well-being. Let the waves of activity propel you towards a healthier and happier you.

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

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