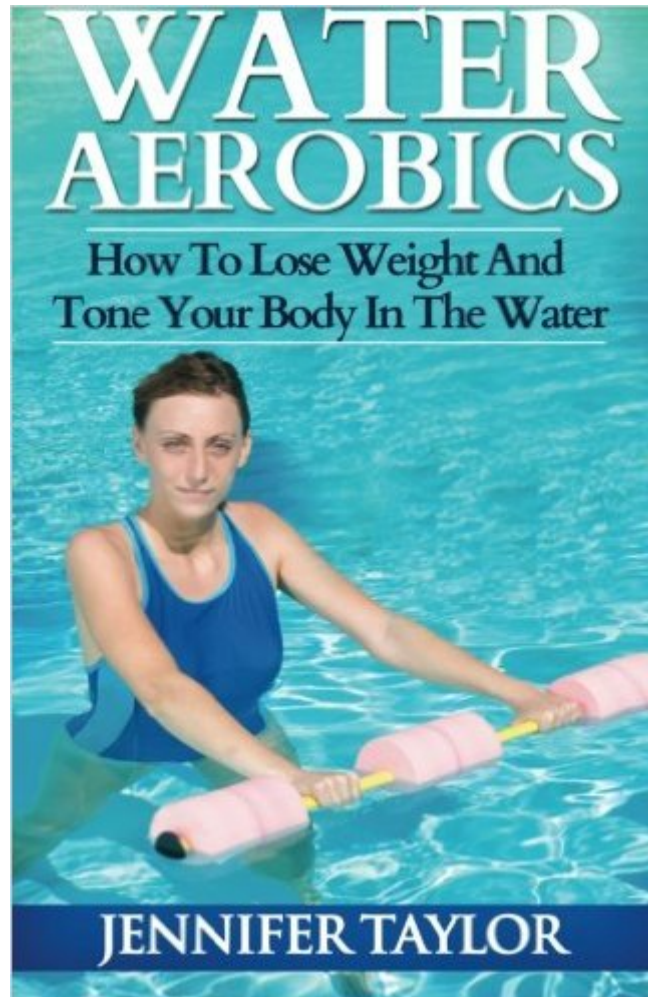


The book was found

Water Aerobics - How To Lose Weight And Tone Your Body In The Water



Synopsis

Never Before Has Losing Weight And Looking Good Been So Incredibly Easy. Give Yourself a Healthy, Enjoyable Lifestyle That Everyone Dreams Of With These Pool Exercises. One thing I can assure you that water aerobics is great at is being accessible to anyone and everyone. In order to allow you to get the most out of these water exercises, it has been designed carefully with regards to its ease of usage. You can jump right in and immediately start seeing the results that you want. Do you want to burn fat without having to sweat? Or get toned without having to lift weights? Or even just return to normal health without the need of prescription medication? If so, water aerobics is the PERFECT solution for you. Walk or jump in the pool, burn some calories, and have a whole lot of FUN. You might break a sweat, but you won't know it. You will perform resistance training and cardio training exercises, and you will ENJOY doing them. You won't quit - why? The same reason why so many people keep doing Zumba every single week: It's FUN and IT WORKS all at the same time! The Ultimate In Pool Fitness, this Water Workout is the Best Way to Lose Weight and Keep It Off "Water Aerobics - How To Lose Weight And Tone Your Body In The Water" contains the following:

- * The Benefits of Water Aerobics - how you can improve strength, endurance, flexibility, and cardiovascular health. How you can decrease pain, risk of injury, and impact on the joints. How you can improve your posture, quality of sleep, and life. Or treat Parkinson's, Multiple Sclerosis, and Rheumatoid Arthritis & More!
- * How to Ensure Your Safety Prior to Performing Any Aqua Aerobics - For you, water aerobics is still new and that can be scary. From preparing for your first visit, to warming up and completing the exercises properly, you will get to learn exactly what you need to know, do, and expect to be ready for your first class. You don't need to feel embarrassed. Everybody has their own first time. However, you CAN prepare yourself so that you are calm and confident.
- * The Equipment You Will Need To Perform Water Aerobics - One of the biggest fears in water aerobics comes from uncertainty. Many are not sure how to perform the exercises. The reality is that it comes down to knowing how to use the equipment. If you know how all the equipment works, you're GOLD!
- * Water Exercises That Concentrate on Toning Your Upper Body and Lower Body, And That Provide You With An Excellent Cardio Workout To Burn Off Those Calories - There are many water aerobic exercises, but some are better than others. Find out which are the best and most popular and learn how to do them. Equipped with illustrations of each exercise, "Water Aerobics - How To Lose Weight And Tone Your Body In The Water" will make sure you know:

1. How to perform the best UPPER body exercises
2. How to perform the best LOWER body exercises
3. How to perform the best CARDIO exercises, so when you get in the water, there will be NO SURPRISES!

- * How To Make a Water Aerobics Workout Plan - You get to learn all the

fundamentals, then how to apply them. Find out what is needed in a GOOD water aerobics workout program. Create a plan of your own so you can work out with or without a class. By the time you're done reading "Water Aerobics - How To Lose Weight And Tone Your Body In The Water", you could even teach the class! Create your very own Pool Gym. Nothing could be easier than getting started with these fantastic aqua aerobic exercises right now. Jam packed with pool exercises, "Water Aerobics - How To Lose Weight And Tone Your Body In The Water" is my pride and joy. Every inch of it oozes with the potential for helping out both aqua aerobic beginners as well as more experienced people. Take this one piece of advice even if you don't any others: "Water Aerobics - How To Lose Weight And Tone Your Body In The Water" is one of a kind and cannot even be compared to anything else.

Book Information

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Customer Reviews

I have been fighting weight gain for years and arthritis in one on my knees for some time and I am over 65. Finding this book with these exercises is great; I am also trying with much success to lose weight. There are many great pictures to make my learning easier; I intend to use these exercises in addition to the ones I am already using in the pool. I would recommend th is book to you.

I teach water exercise for seniors and this a great, clear explanation of the rewards and benefits of exercise in the water. I learned facts and a few different moves to use in class. Thank you!

I have been looking into alternative exercise routines that aren't so tough on my joints. It was interesting to learn you can get as good a workout (if not better) than traditional high impact

exercises. The book lists in detail all the exercises you can do, which are about as comprehensive as a full gym workout but less stress on your body. Each exercise is detailed with instructions and many include photos to illustrate the instructions. Both upper body and lower body workouts are included. There are many fun cardio exercises that I look forward to trying.

I haven't done water aerobics in a while but got this book for my Dad who has an injured shoulder and bad knees from hockey. He can only do certain things as far as exercise goes and can't lift weights like I can any more. Pretty good read but not as detailed as it should be and more for older folks!

The book was of great use to me. As I am disabled and can not do regular exercise I needed something that would help me and this was exactly what I needed.

This book on water aerobics has confirmed my idea that exercising in the water is a very effective, easy and safe way of burning calories, with far less impact on the joints than running for instance. And the non-sweating part is appealing as well. Having read this book I might try some Zumba classes!

This nifty little book (only 94 pages long) is a wonderful summary of the benefits of participating in Water Aerobics, the procedures involved including warming up and cooling down, with chapters on upper and lower body workouts and water aerobics for physical rehabilitation. I was a little frustrated by it, however, when I saw that it was written in such small print. There are photographs in the book which would have been nice to have been in color and there are quite a few types of water aerobics exercises that were NOT included. I think the book was a good start but it does need to be further developed. I do appreciate that it even exists, however, and promotes water type exercises for those of us who have special problems such as arthritis of our knees or other medical conditions. As the author concludes "Water aerobics provides a workout platform for everyone, regardless of their age, physical health and current fitness level.....Water aerobics is one of the few forms of exercise that effectively offers an insignificant impact on the joints....ultimately you will be taking away a tremendous amount of stress on your joints and ligaments as soon as you decide to take your workout to the pool." THIS is why I personally started participating in Water Aerobics in the first place! Additionally I have met some of the nicest people in my Water Aerobics classes. I TOTALLY agree with the author's concluding "You just can't beat the effectiveness of water aerobics as a

primary form of exercise. It is a great choice for conditioning, strengthening, improving endurance and limiting the effects of physical conditions and injuries. Further, working out in the pool is fun and easy, you won't even feel like you're breaking a sweat." This is a good book I would recommend.

This book has given me a lot of good ideas for exercising in the pool. Recommend to anyone who like to exercise in a pool and needs some ideas.

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Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... loss tips, weight watchers for beginners) Fruit Infused Water: 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) Anti Inflammatory Diet Protocol: How to Beat Chronic Inflammation, Lose Weight and Heal Your Body With Whole Foods (Healthy Body, Healthy Mind) How To Tone Your Thighs And Lose Belly Fat By Riding A Bike! Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation)

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