Water Aerobics For Older Adults

Physical Benefits of Water Aerobics
- Improves muscle strength in quadriceps by 27%, hamstrings by 40%, and upper body by 10% (Grayson)
- Water offers 12x the resistance of air to improve strength (Grayson)
- Burn 400-500 calories per hour while exercising in water (Benefits)
- Buoyancy of the water eases strain felt on joints, muscles, and other problem areas (Grayson)

Mental Benefits of Water Aerobics
- Warm water exercise can help improve mood and combat depression (Health)
- According to one study after 8 months of physical activity in warm water, feelings of depression decreased by 27% (Pablo)

Physiological Benefits of Water Aerobics
- Systolic BP was reduced by 11.71 mm Hg when participating in water aerobics for ten weeks (Farahani)
- Eight week water aerobic program showed a 22% improvement in cardiovascular health (Chu)