

FITNESS MADE EASIER

TIPS FROM THE EXPERTS

Watery Workouts: Dive In To The Latest Trend In Physical Fitness

(NAPSA)—Here's good news for people preparing to take the plunge and establish an exercise regimen. According to the American Council on Exercise, water exercise is one of the fastest growing trends in physical fitness. In fact, it's estimated that more than 16 million Americans take to the pool as part of a regular exercise program. Water exercise is considered particularly beneficial for adults over the age of 50 who are more likely to suffer from joint pain associated with mild osteoarthritis.

Traditional, dry land activities such as walking, jogging and cycling can be traumatic to the skeletal system and can result in joint pain or other injury. Exercising in water offers an excellent, low-impact alternative, that helps allow for more comfortable movement, enhanced range of motion and increased flexibility.

"Water exercise is excellent for promoting joint health," said Dr. James Rippe, a leading joint health expert for Knox NutraJoint. "People can do so much more in the water than they can on land. Water-induced buoyancy nets big benefits, with water's cushioning effect protecting the body from stress injuries."

In the water, body weight is 50 to 90 percent less than on land, thereby easing the burden during physical exercise on weight-bearing joints such as the hips, knees and back.

For those ready to plunge into a water exercise program, con-



Water aerobics can provide the ultimate low-impact workout and exercising in water can offer an excellent environment to regulate body temperature and avoid overheating.

sider these tips from Knox NutraJoint to help you get your feet wet. Remember to consult with a physician before starting any exercise program.

Smart beginnings—Stretching is a great way to begin any workout and the pool is a great place to stretch your muscles. The sides can be used for support and some stretching exercises that may seem awkward or difficult on land may seem easier in the water. Sore muscles aren't proof that you've exercised, more often stiffness and pain indicate inadequate or improper stretching.

Turn up the heat—Water temperature should be approximately 82° to 88° F to maintain comfort,

optimize conditioning and keep joints warm and limber. Water exercise participants should know how to swim and it could be useful to be familiar with CPR and basic first aid.

Gelatin for joints—Something as simple as gelatin can help the body rebuild cartilage and maintain healthy joints while performing these types of activities. According to a recent study by the Rippe Lifestyle Institute, when taken daily, Knox NutraJoint, a gelatin-based supplement, helped improve joint strength and functioning in people with symptoms of mild osteoarthritis.

Resistance workout—While working out in water, keep in mind that the deeper the water, the less impact on the body, thus less stress on the joints. To maximum calorie burn, walk, jog or jump with enough speed to feel the water's resistance work against your body without putting excessive pressure on your joints.

Too much of a good thing—No pain, no gain is not a motto for joint health. Residual pain after two hours indicates that you've overdone it and should do less during your next water exercise session. Reduce stress on joints by using a reduced number of repetitions. Choose moderate to hard intensity for about five to ten seconds, then rest for 20 to 25 seconds.

You can learn more from the official Knox Web site at www.nutrajoint.com or by calling 1-800-KNOX-GEL.