

Water aerobics for healthy ageing



Water aerobics (also known as swimming aerobics) is a fun, low-impact exercise that won't place too much stress on your body.

This activity takes pressure off your bones, joints and muscles, while improving your strength and flexibility.

It's suitable for older people and people with injuries. And you don't need to know how to swim to give water aerobics a go.

Why exercise?

The best thing you can do for your health is to [keep active as you age](#).

Regular light and low-impact exercise (like [Tai Chi](#), [chair yoga](#), or water aerobics) has many benefits for older people. It helps with the management and prevention of many age-related conditions. Such as [high blood pressure](#) and [type 2 diabetes](#). Regular movement also reduces risk of bone fractures by maintaining bone density. Which helps with [osteoporosis](#).

And keeping mobile without putting pressure on the joints helps with [osteoarthritis](#). Being in the water takes a lot of the impact of gravity off the joints, making it a safe way to keep mobile. In fact, water aerobics is [shown to improve quality of life](#) in patients with arthritis.

Learn more about [exercise recommendations for older people](#).

Why try water aerobics?

Water aerobics is good for your [cardiovascular health and metabolism](#). So, it can help you manage your weight effectively. It's a gentle form of exercise, but it can still get your heart pumping!

Water aerobics is also a great exercise for improving your [balance](#). It strengthens your bones and muscles, improving your [balance and mobility](#). So, joining a water aerobics class will [reduce your risk of falling](#), as well as your chances of serious injury if you do fall. This all is likely to reduce your fear of falling, which then helps to improve your quality of life.

Mental health benefits

Water aerobics is shown to improve [mental health](#), too.

Water has a naturally calming effect. And performing gentle exercises in the water can [decrease stress, depression and anxiety, even more so than land-based exercise](#).

Joining a class will also help [keep you connected with your community](#), enriching your life and helping you age well.

What are water aerobics classes like?

If you're curious, here's what you can expect from an average session of water aerobics.

Classes are led by trained professionals and tend to last for about an hour. The instructor will guide you through various exercises while you're standing in the pool. A session consists of three stages: the warm-up, main workout, and cool-down. And it's designed to be fun, so there's usually music playing.

Please note that water aerobics is different to hydrotherapy. While water aerobics usually occurs in a class environment, hydrotherapy is done by an aquatic therapist in a one-on-one setting.

How to get started

Most public swimming pools offer water aerobics classes. So do gyms with swimming pools. In fact, 78% of aquatic facilities and swim schools across Australia offer [water aerobics classes](#).

Check with your local public swimming facility for water aerobics classes near you.

More helpful information

If you would like to find local exercise classes, social activities, and helpful tips, try the [quick quiz](#).

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