

AQUA FIT 101

Make Sure you are Properly Equipped

Shoes

Why do I need shoes in the pool? Here are a few good reasons:



1. Protects the bottom of your feet from injury and scraping; this is especially important if you are diabetic or have any circulatory problem.
2. Provides support and traction for your feet while walking or bouncing on the bottom of the pool.
3. Higher end models provide shock absorption during impact activities.
4. Protects against athlete's foot and other germ or viral infections.
5. Adds extra bounce to your step.....

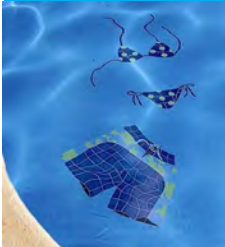
What are my choices? Where can I get them?

Aqua Socks — These are made of neoprene and mesh and fit more like a sock than a shoe. They offer the least amount of support and protection. They are the cheapest (\$5-10). You will find these in multi-purpose stores, sporting goods stores or online.

Water Activity Shoes — These are a little more durable and supportive than the socks. They will have the same neoprene and mesh top but will have a heavy rubber sole. Some have zippers or Velcro closures. They are a little more expensive (\$15-20) but will also last longer and give more support. You will find these in the shoe department of most sporting goods stores, usually year round.

Aqua Fitness Shoes — These are the specialty shoes you will see your water fitness instructors wearing. These are the most supportive and beneficial of all the available shoes. These shoes can run from \$30-65 depending on the make and model and where you buy them. Sports Chalet sporting goods stores has been carrying these specialty shoes for the past few years.

Cute Suits NOT Required



If you are not comfortable in a swim suit, you are in the right place because you do not need to wear a typical swim suit to participate in water aerobics. However, you do need to wear something that will be supportive and comfortable while you are moving in the water. Water fitness classes require some impact and bouncing movements so you need to make sure you are properly supported. Athletic bra tops, lycra tights (long or short), shorts, T-shirts, other water activity wear is all appropriate. Some also like the long and short sleeve "rash guard" tops you will find at the local surf shops for winter classes; these help to keep you warm on the chillier Southern CA winter days.

Gloves

What are these and what are they used for?

There are different types which vary the amount of resistance provided:

Least resistive — all nylon

More resistive — nylon on the back of the hand and neoprene rubber on the palm

Most resistive — plastic (latex rubber)

- Increases the water resistance for your arms and shoulders.
- Increases the intensity of the workout.
- **Do not use** if you have shoulder or neck injuries or problems.

And last but not least ALWAYS BRING THE FOLLOWING TO CLASS: Sunscreen...Sunglasses....Drinking Water....Hat or Visor.... all questions.

Fit-X San Diego: Your Authorized Fitness Provider!

Look for Fit-X Fitness Here:



Heidi@fitxsandiego.com
858-715-8611
#SRSRCfitx



Fitxsandiego.com