

Swimitation *fitness* keeps your body toned and reduces joint load

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We are born out of water – our natural and safe environment – and the sounds created while swimming or exercising in water have a calming effect on our auditory organs. Water makes us weightless, making exercising easier on the one hand, but also providing an effective resistance on the other as the drag coefficient of water is 10 times that of air.

The Swimitation bath is a genius invention that combines water – a natural agent for losing weight and relieving joint load – with the effective opportunity to keep your body toned aerobically. Lying on your back protects the vertebral column from the wrong kind of muscle tensions by letting the exercises affect the areas they are supposed to without putting unnecessary stress on the spine.

Exercising in the Swimitation bath allows you to put moderate load on joints while strengthening the muscle corset in a relaxing environment. People who have always viewed training as something that demands a lot of effort and sweat will enjoy getting the necessary physical workout without even noticing it by simply performing water angels and recalling their childhood.

In the Swimitation bath you don't need to know how to swim and your muscles won't have to work against gravity. The water helps your almost weightless body alleviate muscle tension and joint problems, and activates your core muscles. Since lying on your back allows you to exercise more easily and calmly the Swimitation session is great for pregnant women and those who suffer from chronic fatigue, depression or sleep disorders. It also offers relief for back, hip and shoulder joint problems and circulation disorders.

Additionally, water gymnastics is good for the heart, cardiovascular system and lungs, it boosts lymph function and metabolism, stimulates capillary circulation and kidney function. The hydrostatic pressure helps direct venous blood from the periphery towards the heart without increasing blood pressure since peripheral pressure in blood vessels decreases.

The water environment reduces the proportion of the sympathetic nervous system by helping smooth muscle tissue to relax, improving blood flow to metabolic organs, strengthening the immune system and decreasing stress hormone levels since sensory nerves carry calming impulses from the skin to the deeper layers of the body.

To keep steady on the Swimitation seat all double exercises have to be carried out with even force, balancing (equalizing) muscle tone and strength in both sides of the body. Exercising with Swimitation is thus an effective way to fight spine curvature (scoliosis and kyphosis). Double movements in the Swimitation bath help “stretch” the spine into correct alignment. The Swimitation fitness is also suitable for taking care of office workers' health. Tensions in the shoulder girdle, problems with the lower back caused by prolonged sitting – a calm water environment helps to relax and strengthen both.

Swimitation fitness is an opportunity to do something enjoyable for your health and well-being and give yourself a chance to befriend your body!

Warning! Water procedures are prohibited to people suffering from severe infections, severe recurrence of chronic illnesses, stage IV hypertension or tuberculosis.