



Personal Training with Lorraine



How to get the best out of your Aqua class

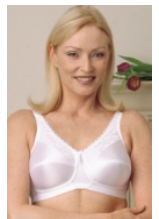
Be prepared for your workout, you will be working just as hard if not harder than an aerobic class on land. You will be working 10 – 12 times the resistance on land! My classes are mixed ability so you work as hard as you feel you can, that is what's great about working in the water....it is suitable for all ranges of fitness, age, men and women.



Clothing

A good **supportive swimming costume** is a must, those revealing costumes may look nice on the beach or for leisure swimming but I have come across many wardrobe malfunctions that have been quite embarrassing for the participants and an eye opener for the life guards! Maybe this is a way of getting more men in my class.....

Some costumes have a hidden support, but if you are a larger chested lady it is a good idea to wear a **sports bra** under your costume. It doesn't matter that it may show from under your costume, the important thing is that you have given the suitable support to stop the breast tissue being stretched....once stretched it never goes back!



To get a good supportive costume it may be pricey, but if you follow the hints below it will last 4 times longer if not more:

- Rinse out with clean warm water, squeeze as much of the water out avoiding twisting the costume. This stretches the material and will not look so nice when you wear it again.
- Put your wet costume in a plastic bag, rather than your towel. The towel creates warmth and the chlorine eats into the material, making the material thin.
- Do not wash your costume with laundry tablets or softener; these will eat into the material.
- Dry the costume naturally; avoid placing on a radiator as extreme heat will damage the material.
- If you use a sports bra under your costume, then use the same tips as above.

Having had three sons swimming for a local swimming club four times a week, I have first hand experience of buying new costumes every 4 – 6 weeks for them all. When I started using the tips above I noticed that I had to replace them every 4 months instead 😊

When you get moving in the water you may notice that you slip on the floor, especially when you change direction quickly. There are two ways of avoiding this, firstly purchasing aqua training shoes that are expensive or wearing **cotton ankle socks** that are very cheap....I get mine from QS 6 pairs for £2.00! If you are not sure about wearing the socks in the water, do try the ones I have at all my aqua sessions. If you don't like using them, then take them off and put them on the side. But if you get on well with them, buy yourself some. If you forget your socks, please do feel free to use my ones.



Refreshments



You will be working very hard in the water, so please feel free to bring a **bottle (plastic) of water** or squash if you get cramp. The sports top bottles are best, as you don't have to take the lid off. Just place the bottle on the edge of the pool and drink as and when you need it. Although you feel like you are not sweating in the water, you are still losing fluid through your skin....so keep hydrated!

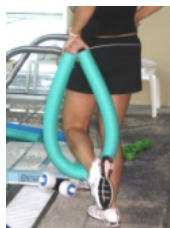


If you feel tired or faint at the end of a class, have a **snack ready** to boost your sugar levels back up when you are getting changed. Ideally go for a healthy snack i.e. banana/raisins, you have worked hard you do not want undo the good work you have just done!



Health issues

It is very important that if you have any **health issues** that maybe affected by exercising, you **come and talk to me before the class starts**. I am normally at pool side 10 minutes before the class starts, so please do come and see me. As a GP Referral and Phase IV cardiac rehab practitioner, I can recommend the best way for you to exercise in the water. Some health issues like respiratory and cardiac problems need to be treated in a very different way. Aqua is a good form of exercise for most people, but some modification maybe needed to make it safe. In an ideal world I would like everyone to fill in a health questionnaire form so I know if there is anything I need to take action with, but this is not possible☺



Equipment



If you want a harder workout for your upper body, try the **gloves or discs** that I provide at every aqua class. The gloves are easier than the discs, as there is less surface area for resistance. The black gloves are easier than the green ones, as there is less webbing in-between the fingers. It is best to put the gloves on before your hands get wet, it is much easier! If you decide to try the discs, hold them so your fingers are not all squashed up...you will soon know if you are holding them correctly☺. Pull and push with the discs while working in the water, you will get

resistance in both directions. If at any time you have had enough of using gloves or discs, take them off and put them pool side. If you have used gloves or discs, please return them to where you found them...this saves me having to go collecting!



Finallyshowering

You may wonder why you are asked to shower before you enter the pool, here are the reasons why:

- It keeps the water clean, so **fewer chemicals are needed**.
- Wetting your hair with clean water puts a **protective barrier** on it, so it is harder for the chlorine to soak into your hair. If you have coloured hair, you will notice that it will last a lot longer too! Those of you that have dry hair will also benefit from showering before, **chlorine dries the hair** out especially if you have coloured your hair.
- Putting clean water onto your costume will have the same effect as your hair, so a longer lasting costume....more money for you to spend on something a lot more exciting!
- If you have **skin irritations**, the clean water will also create a protective barrier. So less dry and sore skin at the end of your aqua session.

Have fun!

I try to make my classes as enjoyable as possible, **exercising should be fun** and you want to do it....rather than have to do it! So if I have not done something for a while, let me know and I can try to fit it into the class. Group and paired work is great for getting to **know the other people** in your class, do try and find out their names maybe have a coffee with them afterwards...a brilliant way to make new friends!



If you have any fitness or health related issues you want to talk to me about, feel free to contact me on the numbers below.

Kind regards

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