



STERLING ESTATES

Senior Living Communities

The Healing Benefits of Water Exercise

The aging process can present many frustrating dilemmas for seniors. One dilemma that can be particularly challenging is exercise. What can we do when the fears of falling or joint injuries rob us of the benefits of exercise? We encourage you to find a Water Aerobics Program in your local area.

Water exercise is the perfect light intensity exercise for seniors. Exercising in a heated, saltwater therapeutic pool that has a depth of approximately 4 feet provides a buoyant, “weightless” environment so that you don’t have to worry about falling and have joint protection. Even though your knees or back may hurt while on land, warm water therapy allows pain-free walking. The benefits of water aerobics also include regaining mobility and strength after injury; decreased pain; improved balance and range of motion; increased strength; and increased cardio respiratory endurance. Conditions such as Parkinson’s, arthritis, fibromyalgia and chronic back and spine pain can also be relieved through warm water therapy.

Classes usually last 30 minutes to an hour and participating two to three times per week is optimal; although, just getting started is the key! Indoor aquatic pools in the Marietta area can be found at local YMCA’s and certain senior living communities. Both of our Sterling Estates communities in East and West Cobb have indoor,

92-degree heated, saltwater pools where our certified aquatic instructors perform group water aerobic classes and personalized training sessions with our residents. We use foam dumbbells, noodles, and ankle weights as aids for strength and conditioning. We also host classes for individuals who don’t live in our communities but live in the local area and allow Integrated Therapies, an outpatient aquatic physical therapy company, to use our pools to help their patients.

Once you start these water exercise sessions, you’ll be glad you did! Stay Sterling Strong!



Brought to You By Your Friends at Sterling Estates Senior Living Communities

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