



# Spice Up Your Fitness Routine With a Trip to The Pool

Summer is finally here, which means more time outside enjoying the sunshine. Many of us will start shifting our exercise routine to the outdoors, whether it's jogging, running or hiking. However, if you find yourself in a funk of sorts, and are tired of the traditional outdoor exercises, we have good news. An easy way you can spice up your fitness routine is with a trip to the pool! Let's talk about a few ways you can get your daily dose of movement while having an exciting day at the pool.

## Why choose water workouts?

While working out on land can be great, water workouts can offer a lot of amazing benefits for your body. According to [Harvard Health](#), swimming is one of the best forms of cardio because it utilizes every muscle in your body. It also promotes proper blood flow, giving your heart the boost it needs to function in a healthy manner. Because of the water pressure, pool exercise are great for relieving pressure on joints and bones, making it ideal for seniors or anyone with joint problems. Additionally, moving your fitness routine can be both refreshing and relaxing, helping you to reduce stress and relieve pressure in your body.

## Water aerobics

Swimming is a great form of exercise, but learning the proper form and technique can be difficult. Luckily, there are other ways you can get a great workout in the water, such as water aerobics. Water aerobics are exactly what they sound like, aerobic exercises you can do while in water. They are typically done vertically and don't involve swimming. Just like a typical workout, they include a warm up, cardio, strength-training, and a cool down. Just like swimming, doing these aerobic exercises in water can make it easier on you bones and joints than it would be doing them on land.

There are multiple different exercises you can do at the pool. Many of them are fairly easy and will give your body the total workout it needs to stay strong and healthy. Here are a few exercises you can try while at the pool:

- Jumping jacks
- Jogging
- Walking
- Leg/knee lifts
- Arm curls
- Push ups (in the shallow end of course)
- Lunges
- Squats

While these are only a few options of the exercises you can try, there are many ways you can get the exercise and movement you need to feel great. If you want to spice up your fitness routine this summer, give water workouts a try and enjoy a refreshing day at the pool.