



## Aqua Jogging – the intelligent sport

“Aqua Jogging – sounds American, so it must be American” you might well think. Wrong, this new sport actually originated in Germany.

The roots of aqua jogging go back over 100 years to where everything began in the Bavarian town of Bad Wörishofen. This is where Pastor Sebastian Kneipp introduced treading water. Nowadays this is however limited to just the feet and lower leg.

### Further development

A good 70 years later the idea was in fact picked up on in America and further developed by the US Marines. Experiments were made using a variety of training aids so that the marines could actually run in deep water.

In Germany, high performance athletes have also demonstrated that you can not only swim in water, but run as well. In the meantime an increasing number of athletes are using water training, though not swimming. This sport is very often used if an injury prevents another training methods being used.

The principle behind this type of water sport is quite simple, because it basically imitates the movements made when jogging on land. It is necessary to maintain an upright posture while bending the upper body slightly forward. Arms are kept parallel to the body and then you can jog off. Because all your movements in water are like slow motion, you perceive the coordination of arm and leg movements more clearly and exactly.

### Floating in water

You can do aqua jogging in water up to the hip or chest (1.30 metres) or even in deep water (at least 1.80 metres). In deep water it is however necessary to use some kind of buoyancy aid (jacket or belt) to ensure upright posture. The buoyancy of the water already reduces your body weight by up to 90 %; and with the help of an additional buoyancy aid you completely defy gravity. This means that the jogger is effectively floating in the water and only his head, neck and part of the shoulders are above water. The ideal water temperature for this is about 28 degrees C.

Aqua jogging is fun, and keeps you fit and healthy. Give it a try!

Aqua jogging displays a wide range of benefits. Doctors claim that:

- Joints, knees, hips, ligaments, sinews, feet and the spine are protected against damage, because the buoyancy of the water counteracts the weight.

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- The even, gentle and harmonious movements against the water resistance promote the use of many muscle groups in the legs, torso and arms.
- Aqua jogging develops condition and muscle power.
- As a support in dieting, aqua jogging is an ideal enhancement because the movements in water burn up more calories than comparable movements on land – and also release the strain on the body at the same time.
- The buoyancy and resistance of the water are excellent prerequisites for maintaining or increasing mobility and agility, improving physical coordination and balance.