

July Tip of the Month: Water Workouts and Wellness

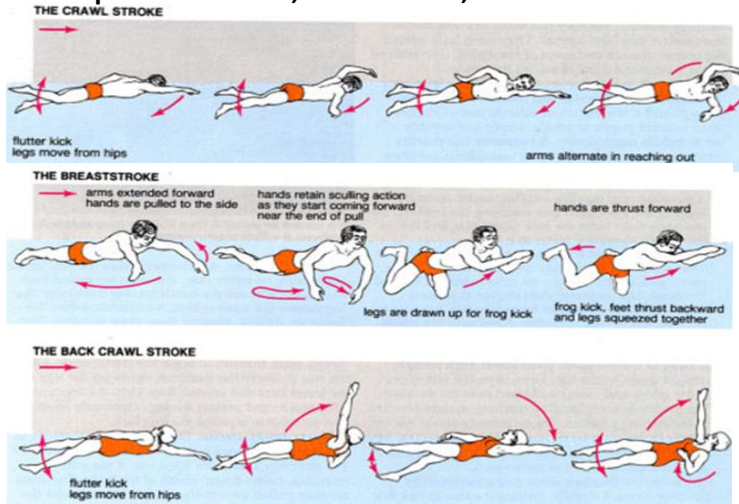


Benefits of Water Exercise:

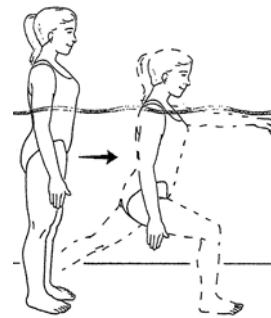
- Decreases stress on joints (hips, knees, ankles, and feet) because the body is lighter in water than on land
- Great exercise for people of all ages and body types because water provides natural resistance
- Great way to help treat symptoms of arthritis, osteoporosis, muscle strains/tears, and diabetes
- Improves overall health by lowering blood pressure, increasing heart health, raising energy levels, losing body fat, increasing mood, and increasing muscle strength and range of motion

Suggested Work-Out:

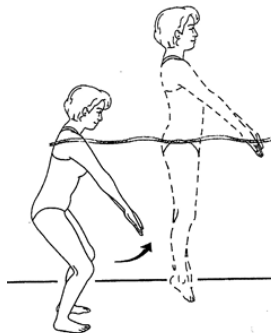
Swim Laps: Crawl Stroke, Breaststroke, and Back Crawl Stroke



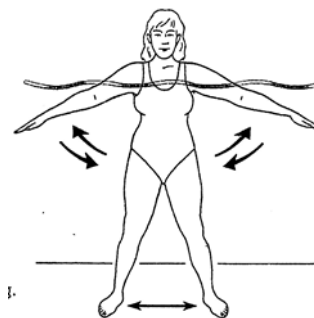
Forward Lunges



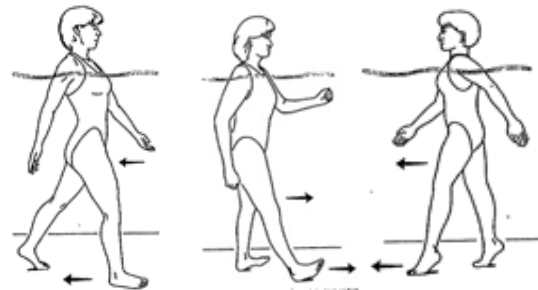
Squat Jumps



Jumping Jacks



Jog/Walk Laps Around Pool Backwards and on Heels and Toes



If you suspect an injury or muscle strain, give **Greenwood Physical Therapy** a call, and we will help get you back to all of the summer activities you enjoy!

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