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HEALTHY AGING INFORMATION

We have all your aging needs covered

Aquatic Therapy Helps Heal the Body and Mind

It has long been said that water is the basis of all life. Your muscles are 75% water; your blood 82% water; your lungs 90% water; your brain 76% water; and your bones 25% water. We should all drink as much water as we can. But did you know that submerging your body in water for exercise and aquatic therapy is a giant step in helping your body heal faster with less pain?

Aquatic therapy uses your body's buoyancy to:

- Decrease your weight
- Strengthen your muscles
- Slow changes in bone density
- Ease the pain of degenerative conditions such as arthritis and osteoporosis

Aquatic therapy also helps with after-surgery weakness and ligament instability, eases cartilage breakdown and even helps combat obesity. Studies also show that water therapy increases blood flow to your resting muscles by up to 225 percent, which improves your oxygen levels, strengthens your cardiovascular system and helps with lung capacity.

R.H. Myers Apartments resident and professional artist Betty Forchheimer knows firsthand the benefits of being in the warm water pool. She works out with staff of the Peter B. Lewis Aquatic & Therapy Center, delving into her Ai Chi (aquatic Tai Chi) two times per week. A serene calm comes over Betty as she stands in the waist-high warm water and sways to the beautiful relaxing music played by Joy Nowels, the exercise specialist and group exercise instructor. ***Ai Chi is great for improving balance and strengthening one's core, and it is very relaxing.***

Joy is a strong advocate of aquatic therapy for a good reason. She was so touched by its healing power after being in a devastating car crash in 2007 that left her wheelchair-bound for more than three months that she decided to go back to school to get into the health and wellness field. She had gone through two major surgeries to fix all the damage from the crash. The experience also gave her intimate insight into the aches, pains, and ailments of the body, and of aging in general.

For more info, call the Peter B. Lewis Aquatic & Therapy Center at 216-595-7345