

# Aquatic Aerobic Exercise Program

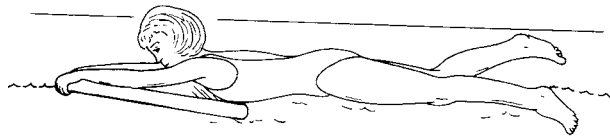
The aerobic part of the aquatic exercise program will help strengthen your heart and lungs. The goal of the aerobic program is to do continuous exercise for 20 minutes.

**Start exercising for \_\_\_\_ minutes and increase the time by 5 minutes every week until you can exercise without stopping for 20 minutes.**

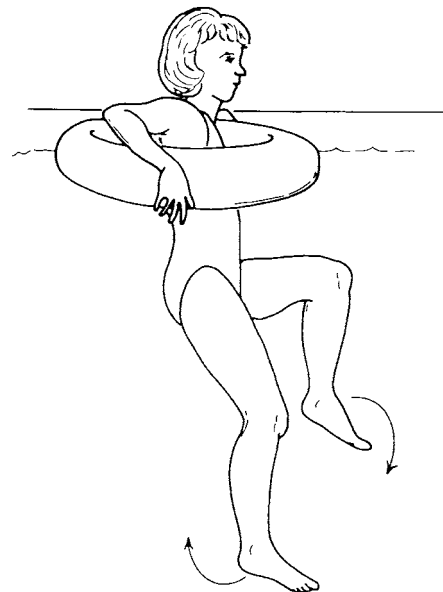
## Aerobic Exercises

Be creative in what you do to exercise aerobically. Following are some ideas for aerobic activity:

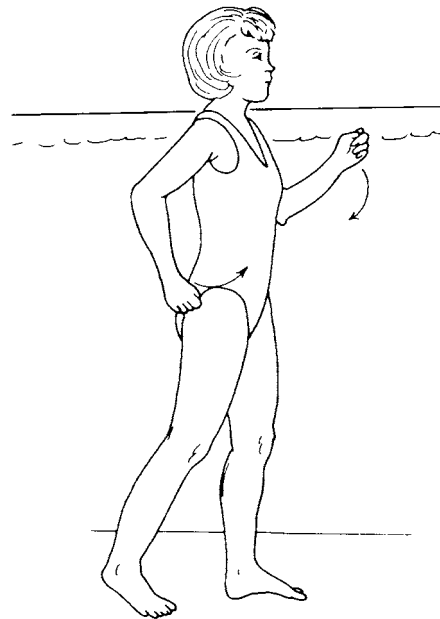
- Flutter kick with a kickboard or while holding onto the side of the pool.



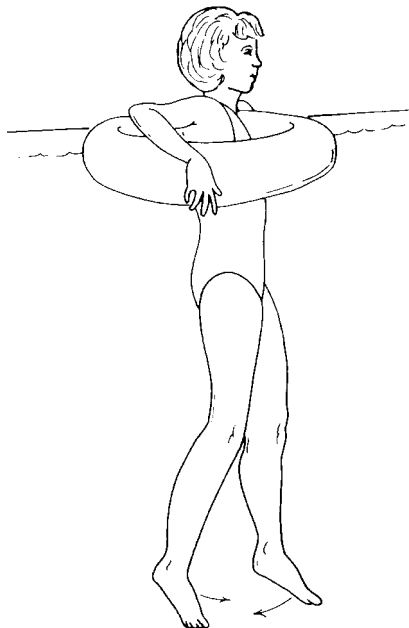
- Bicycle while holding on to a flotation device (kickboard), or with your back in the corner of the pool and holding onto the walls.



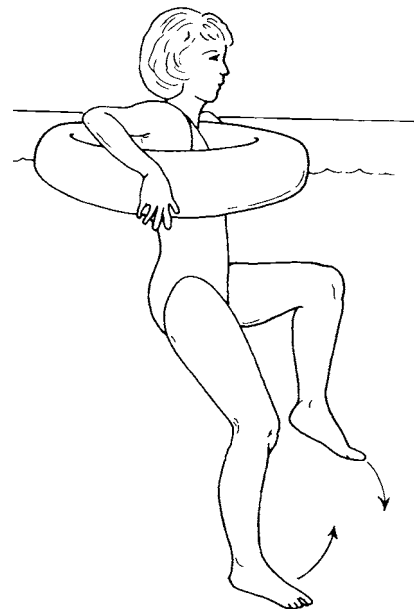
- Do nonstop arm movements while you are standing or sitting.



- Use an innertube and tread water.



- Use an innertube and kick underwater.

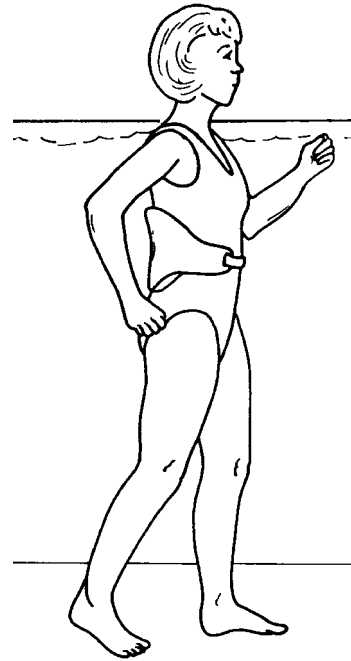


**Do any combination of these exercises during the aerobic part of the exercise program.**

## Cool down

Your heart needs time to slowly return to a normal heart rate after doing aerobic exercise. It is dangerous to suddenly quit exercising after an aerobic workout. Take 7-10 minutes to cool down:

- Walk in a circle around the pool. Stay in chest deep water.
  
- Do the stretching exercises done at the beginning of this program.



**If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**

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