

WATERinMOTION 36 6 Tips to Keep Them Coming Back

Written and Presented

by Connie Warasila

www.WATERinMOTION.com

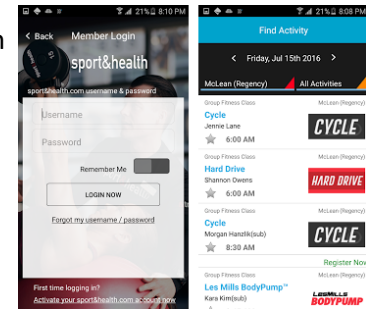
water@scwfit.com

847-562-4020



Exercise Adherence

- Boosts class attendance
- Attendance tracking
- Elevates professionalism



Two Major Factors

- Enjoyment factor
- Intensity factor



6 Tips



- 1) Smile and Nod (Positive Body Language)
- 2) Intensity (challenging yet achievable)
- 3) Movement progressions/regressions
- 4) Purpose
- 5) Lyrics
- 6) Exhibit enjoyment



Smile and Nod (Positive Body Language)

- Facial Expression – Smile
- Body Language – Nod
- Practice, implement, look for their response



water *in* motion®

Intensity (challenging yet achievable)

- Every student is unique
- Elicit an exercise response
- Balance physical and mental challenge
- Water is dynamic



water *in* motion®

Movement progressions/regressions

- Design movement for each individual
- Use RAFT to remember the tools:
 - Range of Motion
 - Accelerated rebound
 - Force
 - Travel



water *in* motion®

Purpose

- Their hour with you has to be worthwhile
- 3M Cuing
- Avoid overwhelming them

M M M

water *in* motion®

Lyrics

- Connect with the music and its lyrics
- Adds an element of entertainment
- Boosts the enjoyment of exercise



Exhibit enjoyment

"Challenge and Enjoyment"



- Visually, through energetic and strong moves
- Verbally, reinforce positive exercise behavior
 - Genuine
 - Specific
 - End of class accomplishment review
 - Tell them it was fun



Thank you!
www.waterinmotion.com
water@scwfit.com
847-562-4020

