

PLATINUM

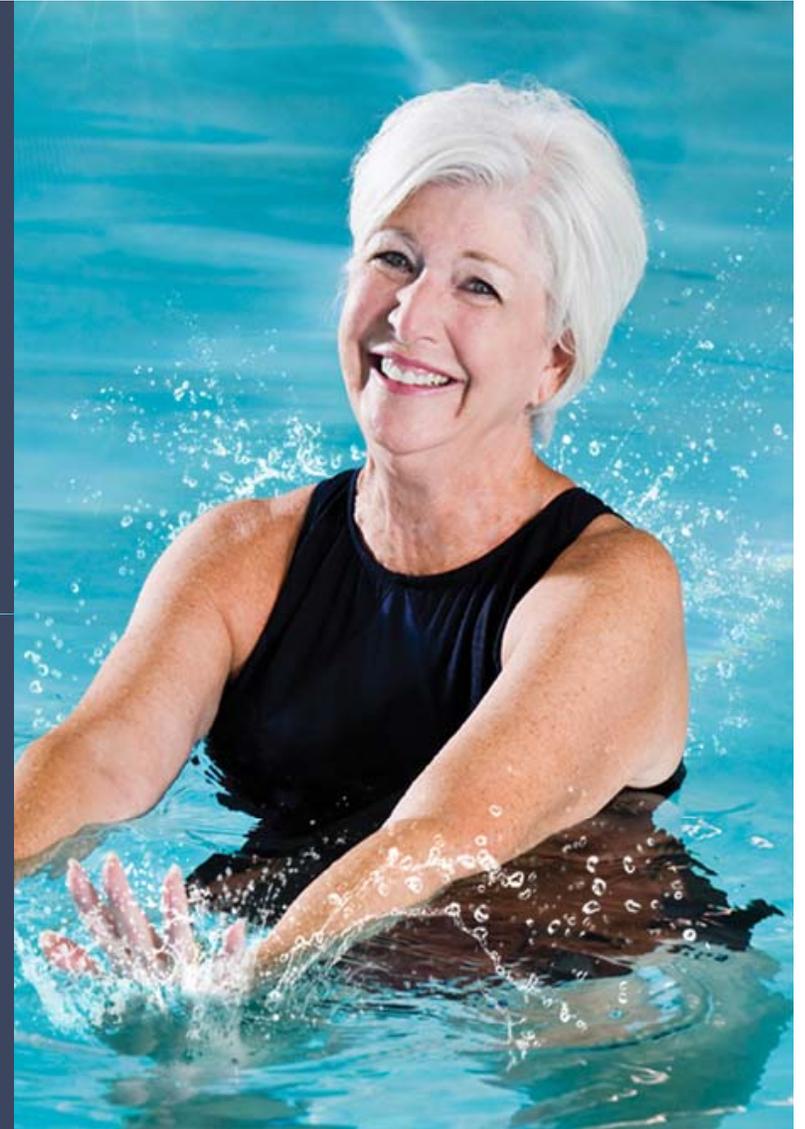
AQUA PROGRAM FOR
THE ACTIVE AGING
AND DECONDITIONED

Presented by Sara Kooperman

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water  **motion**[®]
The new wave in aqua exercise

ACSM Current Comments

- By the year 2030, the number of individuals 65 years and older will reach 70 million in the USA alone.
- Those 85 and older will then be the fastest growing segment of our population.
- The time is **NOW** to prepare for the health, functional capacity, quality of life and independence in this incredibly important population.
 - ACSM Current Comments Robert S. Mazzeo, PhD., FACSM
 - <http://www.acsm.org/docs/current-comments/exerciseandtheolderadult.pdf>

Platinum Unique

- System
- Slower Beats
- Longer Repetitions
- 8 Tracks with a 9th bonus track
- Intergeneration Music
- Balance Challenge
 in a Safe Environment
- Application
- Cognitive Challenge
- Cuing Difference
- Fast twitch focus
- ADL – Activities of Daily living



System

- System like WATERinMOTION Original
- ABC, ABC, ABC, B
- 64 Counts per letter
- A = Move
- B = Muscle
- C = Motivation



Slower Beats

- Our Instructors
- Our Students
 - Active Aging (55-70)
 - Mature adult (70-90)
 - Deconditioned (overweight or health risks)
 - Orthopedic concerns
 - Arthritis challenges
 - Cognitive deterioration



Longer Repetitions

- Adaptable
 - Comfortable now
 - 8 counts not 4, 16 counts not 8
- Achievable
 - future without fear
- Accomplished
 - self-esteem
 - success



8 Tracks with a 9th bonus track

- WATERinMOTION Original
 - 10 tracks
 - 11th Bonus Track
- Platinum
 - 9 Tracks
 - 10th Bonus Track
 - Slower music
 - 125 BPM Warm-up
 - 130 BPM Cardio



Platinum Tracks

1. Warm-Up - Full Body & Dexterity
2. Posture - Alignment & Range Of Motion
3. Balance - Single Leg Challenges & Turbulence
4. Community - Formation & Socialization
5. Memory - Neuroplasticity
6. Speed - Fast Twitch & Strength
7. Mobility - Hips & Shoulders
8. ADLs - Activities Of Daily Living
9. Core - Abs & Back
10. Flexibility - Cool Down & Range Of Motion

Intergeneration Music

- Various Eras
 - 1950s, 60s, 70s
- Ageless
 - Recognizable by all generations
 - Popular interpretation (Remake)
- Hits of the times
 - Everyone knows the songs
- Memorable
 - Words and tunes are sing-able!

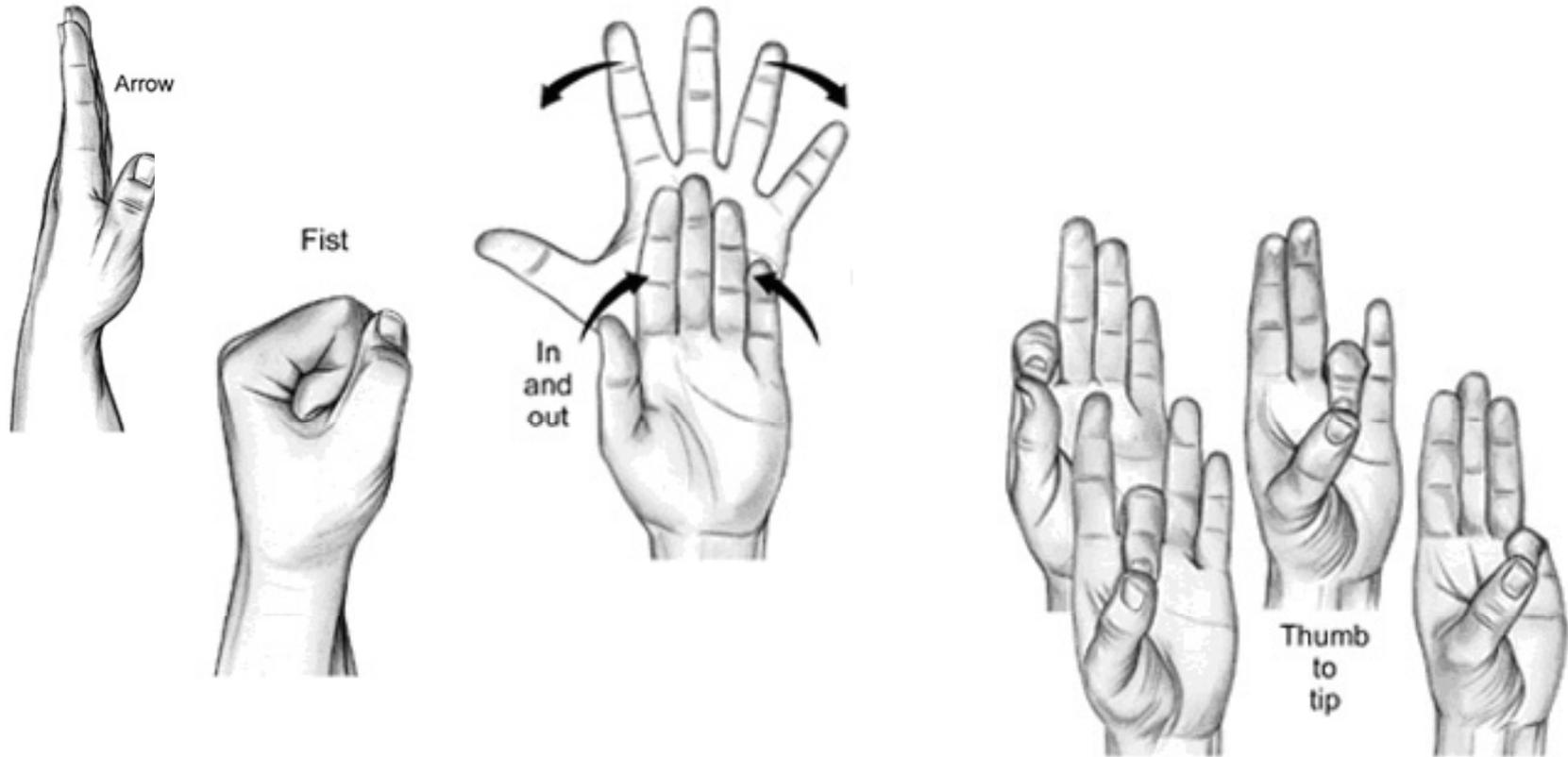


Balance Challenge

- Safe Environment
 - Buoyant (Supported & Slow)
- Function
 - Prepare for weather
 - Quality of life (carry grandchildren)
 - Regain youthful participation
- Fear
 - Move with purpose and without hesitation



First Track = Manual Dexterity



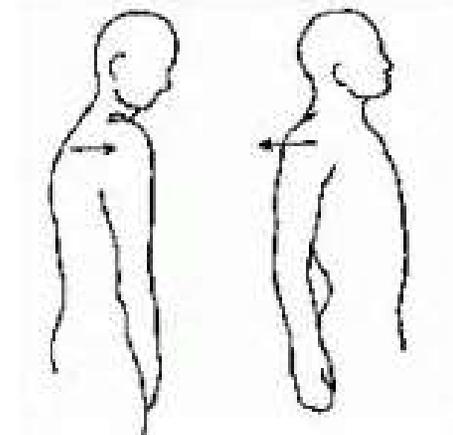
Application

- Flexibility
 - Plantar/Dorsi Flex Foot
- Midline of the body
 - Avoid crossing
 - Provide options
- Strengthen Adductors (inner thigh)
 - Adds integrity to knee joint



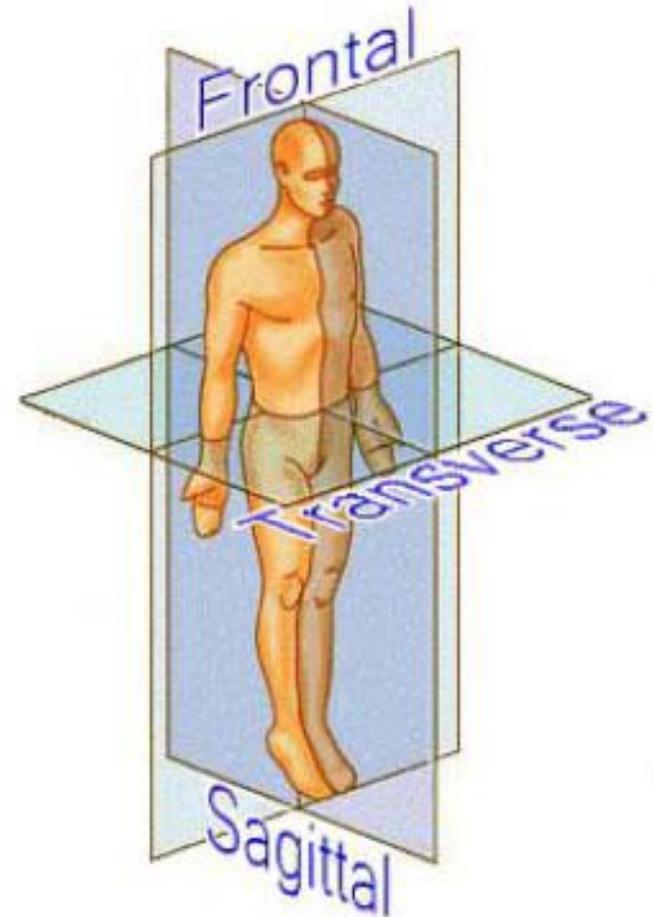
Shoulder Girdle

- Shoulder girdle/scapular elevation due to time and gravitational pull
 - Round-shoulderness
 - Weak rhomboids
 - Tight pecs
 - Elevated shoulder girdle
- Work to depress shoulder girdle, retract the scapular & stretch the pecs



Movements

- Frontal – front & back
- Transverse – side to side
- Sagittal – right & left



Cognitive Challenge

- Challenge the body and Mind
- ABC different moves
- Change every 3 months = 12 weeks
 - Summer, Spring, Winter, Fall



Visual Cuing

- Exaggerated
- Seated/Chair
- Supported



Verbal Cuing

- Simple
- Clear/concise
- Tonal
- Early preview
- Repetitive



Fast Twitch Focus

- Loss of fast twitch fibers
- Retention of slow twitch fibers
- Challenge = stimulation and hypertrophy
- No new growth – just improved development
- Land tempo moves
 - Less impact more power



ADL – Activities of Daily Living

- Independence
- Strength
- Power and Control
- Mind stimulation
- Socialization
- Sense of well-being and belonging



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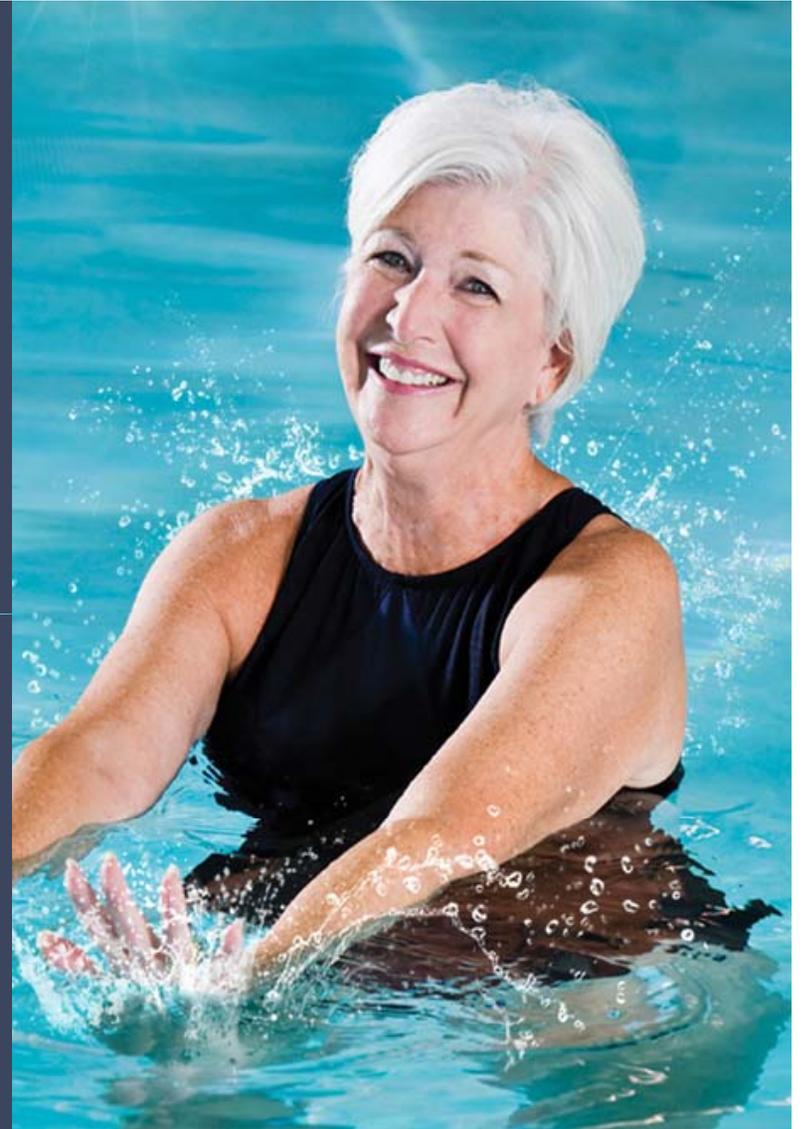
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