

Head Start on the Heterogenous Generation

WATERinMOTION PLATINUM 13

By Ann Gilbert



Evolution of where we have come from

For.....

Instead of whom????

We have tried unsuccessfully to categorize as an age rather than a capability

Let's get a head start on evolving into the new mindset of teaching



Active Ager

Anyone over 50 years....

Our pool filled with “active agers” and then some!

The aquatic classroom is studied as being the most heterogeneous population in the entire club.



Experts Now Agree

Diverse in character or content but it really has little to do with actual age of or students.

A “collection” of special populations!



Our Approach

Regressions/progressions

1. New mindset: Teach for success
2. Most are there because they **CHOSE** a healthier lifestyle



Students

MILD COGNITIVE IMPAIRMENT

Can carry out daily activities

May be very independent

But with memory or mild changes in thinking activities

PATIENCE! Encourage socialization



Students

ARTHRITIS

Listen to the body

Teach the two hour rule: Explain

When to cut back



Students

OSTEOPOROSIS

ACE has reported that that risk of breaking a hip for women can be greater than that of having all cancers.

Weight bearing

Core alignment

Avoid quick jarring movements and twisting



Students

OBESITY

Water walking

HIIT

Increase minutes towards the focus of increasing frequency



Students

DIABETES

Watch for signs of blood sugar drops

No diagnose

Small snacks



Students

PARKINSON

Balance posture, duration, shallow more stable

Multiple Sclerosis cooler, walking and gait

PG decrease bloat

Fibromyalgia



Students

The second key to successful coaching is to not be afraid.....to baby or pamper....

Safe environment, surrounded by cohesive...

Allowing us to use the properties of drag, viscosity, buoyancy.....little risk?



Students

The third key to successful coaching

Read the list..... The way we communicate, cue encourage and share celebration.



In conclusion

Sought after professional
Develop coaching and cueing over time

Hat's off to you!



Thank you, Ann Gilbert
Program Director

