

What Has Dr. Shook Been Reading?

Aqua Fit, Water Workouts For Total Fitness.

By Dr. Jane Katz.

Broadway Books 2003

Dr. Katz was a member of the 1964 Olympic Synchronized Swimming Performance Team. She earned her degree in Gerontology (the study of geriatrics or ageing) at Columbia University, pioneered water fitness and is a leading authority on aquatics. Dr. Katz maintains that after teaching aquatics for 40 years, middle age will always be ten years older than her current age, and that water keeps her young at heart.

Aqua Fit incorporates the stretching, strengthening and mind-body coordination of yoga, Pilates and tai chi with the no-impact workout found only in water. For aerobic workout deep water running, jogging and walking is suggested. In the buoyancy of water no one is fat, uncoordinated or damaged; arthritic bodies are strong and graceful.

For some of the exercises it recommends the use of a floatation belt, kick board or water shoes. Water deep or shallow, hot tub, pool or kitchen sink, Greatgrandma or toddler, triathlete or arthritic, Dr. Katz has a water fitness recommendation.

My Water Aerobics Advisor, Sheila, examined *Aqua Fit* and reported back.

... "This is really a great book! It was very informative and had lots of information that I will use. Dr. Katz writes in a clear manner and is easy to understand. The majority of the exercises in the book are illustrated and that is very helpful." She went on to say ... "So many of these exercises seem really gentle and can even be done standing with your back against the pool wall. Because of some of my physical limitations, these exercises really appealed to me. "

Aqua Fit inspired me, a long time dry land exerciser, to locate a swimsuit and get in a pool for a bit of buoyant, *Aqua Fit*, inspired exercise.

It was wonderful.

Perhaps, like Jane Katz, aquatic exercise will keep me young at heart (lung, back, knees, waistline, hips ...) and spirit.

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