



Fall 2018 Edition

Greetings! As the Fall is now upon us, and Thanksgiving is just around the corner, it seems fitting to stop and think about the things we are thankful for at the Villa Pool! First of all-we are thankful for you, the patrons, whom we see daily, every other day, weekly, and as drop in! We are thankful for your patronage, for your promotion of the pool, and for your positivity each time we see you! We hope this season of Thankfulness finds you well, and warm! Thank you!

What's New?

Coming in early 2019, you can pay ONLINE for your membership, clip cards, AND swimming lessons!!! Please stay tuned for more information! Pool staff will keep you up to date!

As always:

Drop in classes are \$6.00 for 45 minutes, \$4.00 for ½ hour classes, and \$3.00 each for family swims.

Did you know:

Monthly memberships are available at the Villa Pool? If you are attending 3+ classes a week, we would suggest that you purchase a monthly membership. \$72 a month allows you to stay for as long (or as little) as you

like while scheduled classes are on. For more information, ask any pool staff!

Good Catch Tickets:

Have you noticed a staff member doing something above and beyond? Should you wish to recognize a St. Joseph's Villa Pool Staff member, please email Ingrid Thompson at ithompson@sjv.on.ca to let her know!

Spotlight:

~submitted by one of our patrons~

In October 2016, I was moving some very heavy rocks, when finished everything changed for the worst. Pain was increasing day after day till, walking up a flight of stairs was impossible without double doses of Aleve (naproxen). Stuck in the bathtub and finally getting out after an hour trying. As a dumb male, I waited six weeks for this condition to correct its self, oh well time to see the GP. In December my GP sent me for blood work, for the pain that was moving all around my body and the complete body rash I have acquired. Blood work was not conclusive, send me to a Rheumatologist or a Dermatologist.

Rheumatologist it was, but I had to wait three months, in the mean time I tried physiotherapy and boy oh boy that hurt a lot and did not help. My rash continued, and pain would be there 24/7 calmed only by Aleve and aspirin in heavy doses. Life had changed and not for the best, finally I see my Rheumatologist and he runs a full blood panel (over 20 different tests). I view my results on line and over half of the test are not in the normal range (ok I'm screwed). My Rheumatologist explains the results to me, I have Rheumatoid Arthritis and there are many different medications available. I take the script he has written and say that "I will think about it".

Having spent two days reading online, I decide to try a full-blown anti-inflammatory diet, and no anti-inflammatory pills. Within 7 days my rash has cleared, still in pain but no pills. The anti-inflammatory pills were causing a reaction in my gut, that was increasing the inflammation in my blood. All in all, it took over four months for my stomach lining to heal and cure my leaky gut. The only exercise I could do with minimal pain was warm pool aerobics at the villa.

My exercise slowly increased from one day a week to where I am now, five times a week in the pool and two days walking 3-4 km. My Rheumatologist was stunned when he did my blood work again and all factors returned to normal except my RF reading (it will never go back to normal).

The saving grace was doing the research on Rheumatoid Arthritis and how it reacts with celiac disease (which I have). Two autoimmune diseases can have varied results, I was taking anti-inflammatory pills to help the inflammation, but the pills were causing the inflammation. Closing on two years I am feeling well and happy.

~if you have a story, or personal experience you would like to submit for our newsletter, please send it to villapool@sjv.on.ca~

Some food for thought:

ALEX HUTCHINSON
SPECIAL TO THE GLOBE AND
MAIL
PUBLISHED MARCH 6, 2011
UPDATED MAY 3, 2018

The future of fitness may be in the pool

The question

What are the pros and cons of exercising in water instead of on land?

The answer:

As baby boomers get older and their joints get creakier, the fitness industry will need to respond to a new set of needs - and Charlene Kopansky believes she has the answer. "Water is magical," says Ms. Kopansky, who has led the Canadian Aqua fitness Leaders Alliance since 1993. "It's the place to train."

A growing pile of evidence supports the idea that water-based exercise is a good approach for people with joint pain or poor balance, offering some unique benefits that can't be replicated on land. But new research also suggests that, to get the full benefits, you need a well-designed program that emphasizes the links between your movements in the water and functional movements on land.

The differences between water and land might seem obvious, but there are some subtleties. For example, the pressure exerted by water against your body is strongest at the bottom of the pool, where your feet are, and weakest at the top. This pressure gradient helps push blood back towards your heart, making its job easier. As a result, Ms. Kopansky says, your heart rate in the water will be 10 to 17 beats per minute lower during a water-based workout.

Another key difference is the type of muscle contraction. On land, you use essentially the same muscle to lift and lower a weight, fighting against gravity in both cases. But water offers resistance in every direction, meaning you have to use the opposing muscle - triceps instead of biceps, for example - to return to your starting position. Not only does this prevent muscle imbalances from developing, but it also helps to avoid muscle soreness, which is usually associated with the "eccentric" muscle contractions involved in lowering a weight on land.

Most importantly, water's buoyancy means that you only bear about 10 per cent of your usual weight if you're immersed to your shoulders. "Buoyancy unloads you, like there's no gravity," Ms. Kopansky says. "Compression is decreased in every joint in your body, which decreases pain of movement and the chance of injury." So it feels good - but does it get you fit? A number of studies have compared water-based exercise programs to comparable routines incorporating aerobic exercise, strengthening and stretching, with results that are encouraging, but not earth-shattering.

"Most studies find that the gains people make in water are similar to those made on land," says Cathy Arnold, a physiotherapist and professor at the University of Saskatchewan who has conducted several aqua fitness studies.

For example, a 2008 study in the journal *Geriatrics & Gerontology International* compared 12 weeks of water-based exercise with land-based exercise in women in their early 60s, and found similar improvements in strength, flexibility and aerobic fitness in both groups compared to non-exercising controls.

It's not that aqua fitness is necessarily better, Dr. Arnold says - the advantage is that it's more accessible. For example, her research focuses on older adults with osteoporosis, who can exercise in the water without the fear of a bone-breaking fall.

Her most recent study, published last year, found that aquatic exercise twice a week improved the balance of a group of adults over 65 with hip osteoarthritis. But only those who also received education about how the workouts related to their daily lives - how doing squats in the water related to standing up from a chair, for example - were able to improve their functional performance and reduce their risk of falling.

"You need to understand why you're doing the exercises you're doing," she says. "That cognitive piece is important."

Ultimately, like any exercise program, the benefits also depend on your execution. The resistance provided by the water increases exponentially as a function of how fast you move, which makes the guidance of a good instructor crucial. Too slow, and you won't get your heart beating - and too fast is just as bad.

"People think if it's faster, it must be better," Ms. Kopansky says. "But you can't do the movements that fast in water. You end up with people jumping around but not getting the benefits."

On Facebook?



Be sure to like us!

<https://www.facebook.com/stjosephsvillapool>

Winner Winner!

Congratulations to Donna Wignall, our September Clip card winner!

Congratulations to Anne Bell, our October Clip card winner!

Both win three FREE swims! Collect 10 X's on your clip card to be entered in the draw!