

## “Water” you doing for exercise?

Swimming and other water-based exercise are great ways to increase strength, flexibility and cardiovascular health. One advantage is that the water supports much of your body weight, so there is less stress on joints, bones and muscles than on land. This makes water workouts safe and helpful for people with arthritis and other disabilities, for people who are overweight and for athletes recovering from injury. Because of reduced pain and stiffness, people are able to exercise longer. The support of the water also lessens stress on the heart, making water exercise an excellent choice for pregnant women and people with heart disease. Another plus is that heart rate slows down when you are in the water, also reducing strain.

Water offers resistance to movement, helping to strengthen muscles. Exercising in water requires the use of your back, abdominal and oblique muscles, the core group that sometimes is missed in other types of workouts.

There is some evidence that the moist air around indoor pools reduces asthma symptoms, although some individuals may be sensitive to the

chlorine or other agents used to keep the pool clean.

People report that they enjoy water exercise more than land-based exercise, and water activities have been found to improve mood and decrease anxiety.

Swimming laps is a terrific full-body workout, but it is only one of the ways to exercise in water. Also try:

- treading water (also an important water safety skill)
- walking or jogging, either in the shallow end or in deeper water with a buoyancy belt
- water aerobics
- kicking with your legs while holding a kickboard or the side of the pool (easier than swimming laps)

So, dive in for your health, a great workout and fun too!

[http://www.cdc.gov/healthywater/swimming/health\\_benefits\\_water\\_exercise.html](http://www.cdc.gov/healthywater/swimming/health_benefits_water_exercise.html)

exercising in water, sparkpeople.com

5 fun ways to dive into aquatic exercise, sparkpeople.com

### Recipe of the Week: Tangy Moroccan Chicken

serves 4

1 lb. skinless, boneless chicken breast split into 4 pieces and lightly flattened  
 ½ teaspoon salt  
 1/8 teaspoon black pepper  
 1 teaspoon nutmeg  
 1 ½ cup orange juice  
 ¼ cup honey  
 ¼ cup raisins  
 2 Tbsp. cornstarch  
 2 Tbsp. water  
 ¼ cup sliced almonds

1. Sprinkle both sides of chicken breast with nutmeg, salt and pepper.
2. Combine orange juice, honey and raisins in a large skillet. Add chicken. Cover and simmer 15-20 minutes until chicken is tender. Remove from pan.
3. In a small bowl, dissolve cornstarch in water. Stir mixture into warm orange sauce. Cook till thickened. Return chicken to skillet. Stir in almonds.
4. Serve over couscous or brown rice.

#### Nutrition information:

Calories: 325    Total Fat: 8g    Saturated Fat: 1.5g  
 Carbohydrates: 35g    Dietary Fiber: 1.8    Protein: 35g

**Tip of the Week:** When there's a food recall, check your foods at home and discard any food that's been recalled because of an association with foodborne illness. For more information on food recalls, visit [www.recalls.gov](http://www.recalls.gov). Recently an outbreak of foodborne illness was traced to melon. **As a general food safety measure, rinse raw produce**, such as vegetables and fruits—even melons, the rinds of which you will not eat—thoroughly under running tap water before eating. Dry with a clean cloth or paper towel before cutting them. (Why wash what you won't eat? A contaminated knife used on the outer surface of the fruit can transfer bacteria to the edible parts of the produce.)