

# INFLUENCE OF GYMNASTIC EXERCISES IN THE WATER ENVIRONMENT

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## INTRODUCTION

Spa, wellness and recreation industry is one of the fastest growing sectors of modern tourism, including active recreation. What is Wellness really? This is a state of good physical and mental health, resulting from proper nutrition, physical activity and health procedures (SPA procedures). Wellness is a way of life in balance with nature (<http://www.spadesign.bg>). By its nature, "Wellness" includes spa therapies, and the very term "Spa" is an abbreviation of Latin "Sanus per Aquam" which means "health through water".

Water is a living environment for all living organisms. In most terrestrial species, although it is not a habitat, water is a major component of the internal liquid medium. An average of 60-90 percent of the mass of living creatures falls on it. Without water, life on earth is unthinkable. The presence of water in all organisms is an indisputable proof of the unified origin of living matter (<https://abritvs.com>).

The concept of "achieving health through water (spa)" is known from ancient Rome, where water from thermal springs has been used to treat various diseases. Spa procedures have aim at relaxing, toning, restoring the body and spirit and improving general health (<http://www.spadesign.bg>). They include various activities in the aquatic environment, very popular lately to maintain a slender figure, wellness and stress reduction is water gymnastics. We think the goal of every person who practices gymnastics is to develop muscles without damage to internal organs and be able to manage them. The exercises in the water are a great way to combine business with pleasure, as water gymnastics develop skeletal muscles, ligaments, joints and skin. It is definitely effective for making a harmonious and proportional body, but it is not scientifically proven and established exactly what kind of exercises for which age group are the most appropriate, in which diseases, what exercise load is recommended.

## METHODOOGY

Literature is insufficient compared to the fast-growing interest and commercialization of gymnastic exercises in water and their effects on the body. This define the purpose and objectives of this study:

**Aim of the study:** To determine the amount of importance on the influence of gymnastic exercises in water on the body of those involved.

### **Tasks of the study:**

1. Determining the effect of the water gymnastics on the musculoskeletal system of those involved.
2. Determine the impact of water gymnastics nervous system and internal organs of those involved.
3. Determining the effect of exercises with water gymnastics in pregnant women.

Achieving the main goal by solving the individual tasks in this study is to prove the positive role of gymnastic exercises in the aquatic environment, taking into account the individual peculiarities of different organisms and their needs. This would enrich the development of the 'Spa' industry globally, and would also enhance the quality of tourism, which is of national importance for each country.

## METHODS

1. Review of literary sources (web space) on the problem.
2. Survey of the 40 participants in activities with water gymnastics in the age range 25-35 years.
3. Analysis of the results obtained.

## RESULTS

Literary sources are reporting that training in water is several times more efficient than any other exercise and this is due to the properties of water. Experts believe exercises in water can perform absolutely all people and even those who cannot swim regardless of years, weight or height (<http://otgovoru.com>). Themselves respondents say they do not get tired and fail to make gymnastics a long time. In addition, after exercising with water exercises they feel their skin more toned and tight, and some pregnant women think that this is the main reason for the lack of stretch marks. Surveyors also attach importance to the fact that expensive equipment is not needed, but only the presence of large amounts of water, a comfortable bathing suit and the desire for improvement.

In many weight loss programs for affected water sports, precisely because of their weakening effect. Water training is recommended for overweight people who are unable to exercise dry because of excessive workloads on the heart and joints (<http://www.vodna-aerobika.com>). At the same time in gymnastics in water, twice as many calories burn as compared to aerobics in a hall. All participants in the study firmly stated that despite the duration and number of exercises, there was no overheating, sweating, and congestion, but reduced the centimeters of the waist and thighs. According to experts aerobic exercises in water provide a pleasant and relaxing effect and workout for the whole body. They also develop aerobic power (<http://www.interpolezno.com>).



Fig. 1

Water Gymnastics for Overweight People (<http://vitasportmedika.com>)

Among the participants in the experiment were in those people suffering from arthritis and other health problems. When asked how they felt the impact of water gymnastics, their answer was that, compared to traditional exercises on and on the ground, exercises in water help relieve soreness in vulnerable places.

Water gymnastics (aerobics, calanetics, etc.) can be practiced after surgery, sprains and other injuries. It is suitable for spinal distortion. During exercise water massage the whole body and eliminates back pain. It alleviates varicose veins and improves their condition. The pressure that water has on peripheral blood vessels is unrelated to the repair of the enlarged veins as well as to prophylaxis. In the case of patients who have undergone surgical treatment, aqua sports can help maintain the tone of the peripheral blood vessels (<https://sport.framar.bg>).

Motion and rehabilitation in water are also recommended for patients who have a knee or hip joint. . Because it is a therapeutic exercise high intensity - it all health effects can be combined with a significant

reduction in weight. The reason is that due to water resistance, movements in the pool are slower and smoother, but more energy is consumed (<https://sport.framar.bg>).

In a question asked about the lifestyle of the investigated and caused discomfort from it in a healthy way, some people commented that because of their immobile way of life and sitting in front of the computer or in an inconvenient posture they often suffer from mild conception in the lower extremities and water gymnastics has turned out to be very special useful in the fight against annoying cramps.

Respondents shared that they adore water activities, especially because it is a great way to improve their mood and tonify their whole body. The results of the surveys have also made it clear that there is no strong tension on the bones, joints, and muscles, and the water gives them some natural resistance.

Aquatic activities can undoubtedly be useful during pregnancy. Movements in the water are done much more freely, much more smoothly, because the body feels lighter. Exercises are of great importance for the whole blood circulation in the body, and this, in turn, contributes to better fetal nutrition explains Stefka Vladova, physiotherapist (<https://sport.framar.bg>).



Fig. 2

Water gymnastics for pregnant women (<http://dete.bg>)

The conclusion we can make as a result of the information from the internet and the respondents is that a universal recipe for how to exercise in the water (what exercises to do) and that it will not be pleasant. For most of the participants in the questionnaire 40 minutes water gymnastics suffice for tightening the body and relaxation of mind. Water exercises are a panacea for dealing with stress, and the reason is probably the fact that a higher pressure requires deeper breathing.

***It is no more important than health, and when it is combined with pleasant emotions, beauty and lessening the stress of everyday life, it is invaluable.***

## **DISCUSSION**

Disagreements and contradictions between respondents and the information used on the most popular Internet sites on this subject are out of the question. Probably the reason for this is the overall positive impact of water gymnastics, and the study did not pay attention to the details and individual parameters of developing motor skills during the practice of water activities. The present work clearly focuses on the effectiveness of gymnastic exercises performed in water and is the basis and motivation for more in-depth and scientifically-validated experiments and even the creation of water gymnastics methodology for individual age groups.

## **ACKNOWLEDGMENTS**

Special acknowledgments are given to the surveyed individuals participating in the survey aged 25-35 years. They were selected by gender, each included 20 pieces and dealing with water gymnastics two times a week, mostly about a year and some 2-3 years. Respondents answered strictly and specifically to the questions, which were 12 in number, including age, work, health and issues related to the specificity of the subject. The participants in the experiment with satisfaction and without hesitation confirmed that they would continue their water gymnastics exercises and would participate in new in-depth research.

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