

HIGH EXPECTATIONS

by Line Marr

I started leading prenatal classes approximately 3 years ago. It came about very simply: no other instructor wanted to teach these clients, because they were pregnant! Being a mother myself, I knew not only of the joy of motherhood, but also of the stress and changes the body goes through during pregnancy. So I volunteered; it turned out to be a wonderful experience.

Being pregnant is a blessing and with a little caution, women can continue to be active throughout their pregnancy. It seems that very few of us instruct prenatal classes because of the fear that we might somehow hurt someone in our class. This became evident once, when I was desperately looking for a substitute for my prenatal class: it turned out to be nearly impossible to find an instructor. No one dared teach Aqua Natal, for fear of having pregnant participants perform a potentially harmful movement — this despite the fact that due to the lack of Aqua Natal classes, we often get pregnant ladies in our regular classes.

With this in mind, it is important for all Aquafitness leaders to have a good grasp of some of the basic guidelines of prenatal aquafitness. In the workshop I will be presenting in Toronto on June 1st, the following concepts will be explored:

Guidelines used when teaching a healthy pregnant woman:

Aqua natal exercise (aquafitness during the child-bearing year,) provides a comfortable, enjoyable form of physical activity that benefits both the unborn child (fetus) and the expectant woman. Water is a safe environment to exercise in.

What the latest research says:

Regular exercise — especially Aqua natal exercise — improves delivery of oxygen and nutrients to the growing fetus, during exercise and at rest.

Contraindications to exercise during pregnancy:

Pregnancy is not an illness. Pregnant women should use the same caution and common sense as anyone engaged in a healthy, holistic exercise program.

Physical changes in the child-bearing years:

Understand changes that take place on joints, breasts, ligaments, heart rate, pelvic floor, diastasis recti.



The Hey Baby + (Mom) workshop was created to help instructors adapt to the unexpected drop-in pregnant guest. I hope to see you at the workshop: there is a lot more to be discussed!

Aqua Fitness: the Low-Impact Total Body Fitness Workout

by Mimi Rodriguez Adami

CALA leaders shine once again! The photographs for this book were shot in Cape Town, South Africa in 2002. Charlene dined with Mimi (an American living in Italy) and Annatjie (CALA trainer from Cape Town). We compared aquafitness in Canada with that in Italy and discussed the positive affect that the CALA training program has had in South Africa.

To Charlene's great delight, all the 'models' selected for this book are CALA certified leaders. Can you imagine? Out of all the hundreds of fitness people and models who auditioned for the lucrative contracts, it was CALA certified leaders who were chosen! According to Mimi, their movement execution was top notch as well as their fitness level and of course, their 'look'!

Way to go CALA-South Africa. Annatjie Goedhals, who some of you may remember as a presenter at CALA 2001, was a consultant on this wonderful project.

Congratulations to Annatjie.

This book is a great companion to the CALA Basic Fitness Theory and Aquafitness Specialty Training Manual, and also

serves as a good introduction to anyone interested in Aquafitness as a career — or simply as a great alternative to a land-based fitness regimen.

Mimi Rodriguez Adami, director of SIAF (the Italian Aerobic and Fitness School,) takes us from the general principles of Aquafitness and the meaning of fitness itself, through a review of key Anatomy concepts. Descriptions of arm and leg movements are accompanied by glossy photographs, inspiring enough to make you want to immediately throw on a swimsuit and head for the pool. Everything from the warm-up to the cool-down is described in details, and beautifully illustrated.

For those of you looking to try something a little bit different, basic principles of Watsu and Ai-Chi are also explained. Pool safety and environmental conditions are discussed, and the book even features a section on beach workouts.

BRING ON SUMMER, SO THAT WE CAN ALL TRY IT OUT!

Aqua Fitness: the Low-Impact Total Body Fitness Workout is published by DK Publishing Inc, and retails for \$23 CDN.

It will soon be available for purchase directly from CALA.

Look for this book at the CALA Conference 2003 - Exclusively Water!