PDAE Video Clip 7

If you're exercise with friends
try this group exercise
Hold hands to form a circle
Walk sideways in clockwise direction
After adapting to the pace
you can walk a little quicker
Stop for a while
then walk sideways in anticlockwise
You can also walk towards the centre of the circle
hand in hand
then walk backwards to form a large circle again
The whole aquatic exercise
takes about 1 hour to complete
Before coming out of the water
we have to do stretching exercises 1 to 4 to cool down
and relax the body
Remember the three approaches
for getting into the water?
Use the same method to leave the pool
Remember that when going up the pool ladder
step up with good leg
and don't advance to the next step
until both feet are on one step
To avoid getting cold
cover yourself with a large towel
as soon as you leave the water
so that your body can get warm quickly
You can have a hot drink if you like
OK. Remember to practise the exercise
Do it 2 to 3 times a week

The aquatic exercise just demonstrated now
should be done in a pool with chest-high water
If you need updated information
about public swimming pools with pool lifts
and barrier free accesses
check it from
the Leisure and Cultural Services Department website
Any individuals, with specific conditions
wishing to join aquatic exercise class
led by physiotherapist
should enquire any medical institution
I hope you'll enjoy the fun
and benefits of aquatic exercise
Good-bye