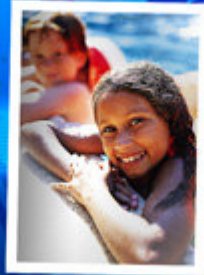




"No Sweat" Fitness

July, 2009



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Poolside reading

There is nothing better than a good book while relaxing around the pool. Here are a few that will help you stay on track with your fitness goals:

- [The Everything Total Fitness Book](#) by Ellen Karpay
- [Fantastic Water Workouts](#) by Marybeth Pappas Baun
- [Eat this not that! The Best \(& worse\) foods in America](#) by David Zinczenko
- [Amazing things you don't know about your own body](#) by Mike Bell

The Taste of Summer

Tequila Lime Grilled Shrimp



Pool chlorine can cause breathing problems

Proper pool maintenance is key

Swimming is great exercise, but if you find that your eyes are burning because of too much chlorine in the water, you might just find your breathing effected as well.

The American College of Sports Medicine found a link between the concentration of chlorine used in pools and breathing problems.

"We've long suspected that chlorine has an adverse effect on the respiratory health of swimmers," said lead researcher Arthur J. Williams, M.D., of the Sport Science Institute of South Africa. "Now we know the likelihood increases significantly with the concentration of chlorine used. Swimmers should be aware of the concentration of chlorine exposure they receive, and those who care for pools should closely monitor chlorine levels."

Don't be afraid to speak to your clubhouse manager or pool maintenance staff about the amount of chlorine in your pool; traditionally more chlorine is added in the summer due to weather factors and increased usage. Since typically the person in charge of chemicals does not use the pool, he/she may not realize that the health problems associated with mega doses of chlorine.

Water tools



The great thing about exercising in the pool is that there is no stress on your joints. Swimming laps is the way most people go about using a pool for

I found this great low-fat & low-calorie recipe from Diane Worthington's book on iVillage.com

It's easy to make and absolutely delicious with a green salad. Click on the link below and give it a try!
[Recipe](#)

fitness. But if you are like me, you may find it boring to go back and forth for 30 minutes. That's why I purchased water fitness equipment that allows me to do aerobics and weight training safely and effectively and you can too.

Water dumbbells come in different resistance levels depending on how "heavy" you want them to feel in the water. If you already are in good shape start with the medium resistance. If you are just beginning to exercise, go for the light resistance. They will run you about \$25 for the pair.

If you regularly lift weights on land, you might want to add a water barbell to your bag of equipment. They are about 30" long and can be used for both muscle training as well as cardio training if you use it as a swim bar while doing your laps.

An exercise flotation belt will allow you to stay upright in the water while doing leg exercises, or jogging. The belts are all adjustable to fit most people and are about \$30.

If you are jogging in the water and want to add some resistance to your workout, think about purchasing ankle cuffs. These will make you legs feel heavier in the water. You can find them for about \$20.

Your local sporting goods store will probably carry some if not all of these fitness items. If not, do a web search on "pool exercise equipment" and compare prices including shipping costs before buying.

"No Sweat" Fitness Aerobic Classes

Don't forget we have classes every Monday and Wednesday evening for only \$5 per class!

Give us a call to inquire further.

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