

# With water sports to our dream body

Written by

DATE\_FORMAT\_LC2 -

---



With water sports to our dream body

Swimming will help us to reach our dream body, but it is not the only water sport. Today we have many alternative training forms in the water, such as: aqua aerobics, aqua-jogging, etc. All water activities are highly effective, because they strain our entire body, and really turn our cardio system to high-speed. At the same time, your blood pressure is higher in the water. In general, any kind of water sport is effective against cellulite, and at the same time, are they are active sports that are gentle on our joints. In the water, any movement has a 60 times higher resistance than out in the air.

?