

# Walk in Water

**A clearly marked, separate  
area for those who wish to  
gently exercise by walking  
through water**

Lakeside Centre	Hadrian Leisure Centre
Monday 09.00-10.00	Tuesday 08.30-09.15
Friday 09.00-10.00*	Friday 08.35-09.05*

\* Friday Sessions will be supported by Age UK North Tyneside and coincide with Free Swim Friday for over 60s

To find out more about the Walk in Water sessions please contact the Age UK North Tyneside Active Age Coordinator on 0191 287 7027

To find out more information about the leisure centre facilities, contact:  
Hadrian Leisure Centre, Wallsend - 0191 643 2025  
Lakeside Centre, Killingworth - 0191 643 4177

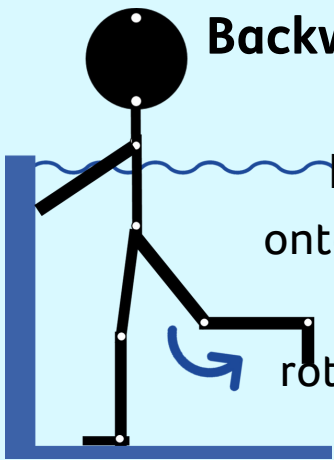
# Why Walk in Water?

- Water supports our body weight, reducing pressure and pain
- Exercising in water helps to build strong muscles and improve our balance
- Walking in water is encouraged by physiotherapists to aid recovery from an injury or surgery\*
- Regular exercise helps to reduce the risk of many health conditions, improve our mood and ensure we are healthy

## Water Workouts:

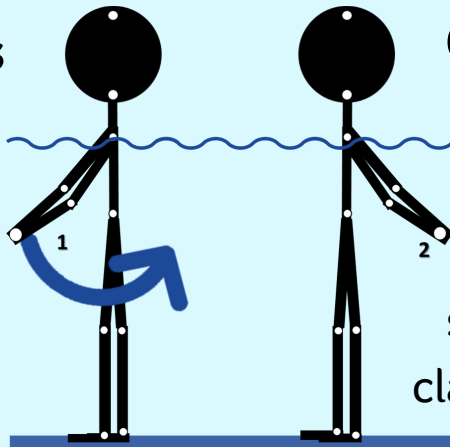
### Backwards Leg Raises

Using your own balance or holding onto the wall, lift your leg up backwards, rotating from the hip joint



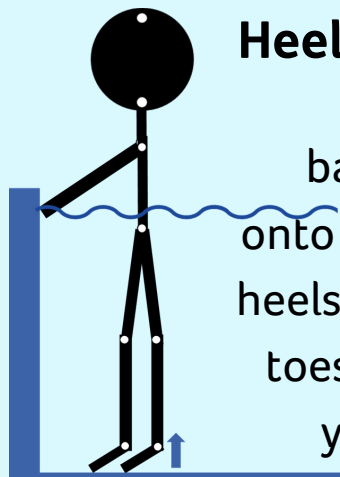
### Chest Stretch

Under the water, clap your hands in front of you then swing your arms to clap behind you. The water resistance strengthens your arms and chest



### Heel Raises

Using your own balance or holding onto the wall, lift your heels to stand on your toes. This is good for your calf muscles.



### Knee Lifts

Using your own balance or holding onto the wall, lift your knee as high as you can (no more than a right angle)

