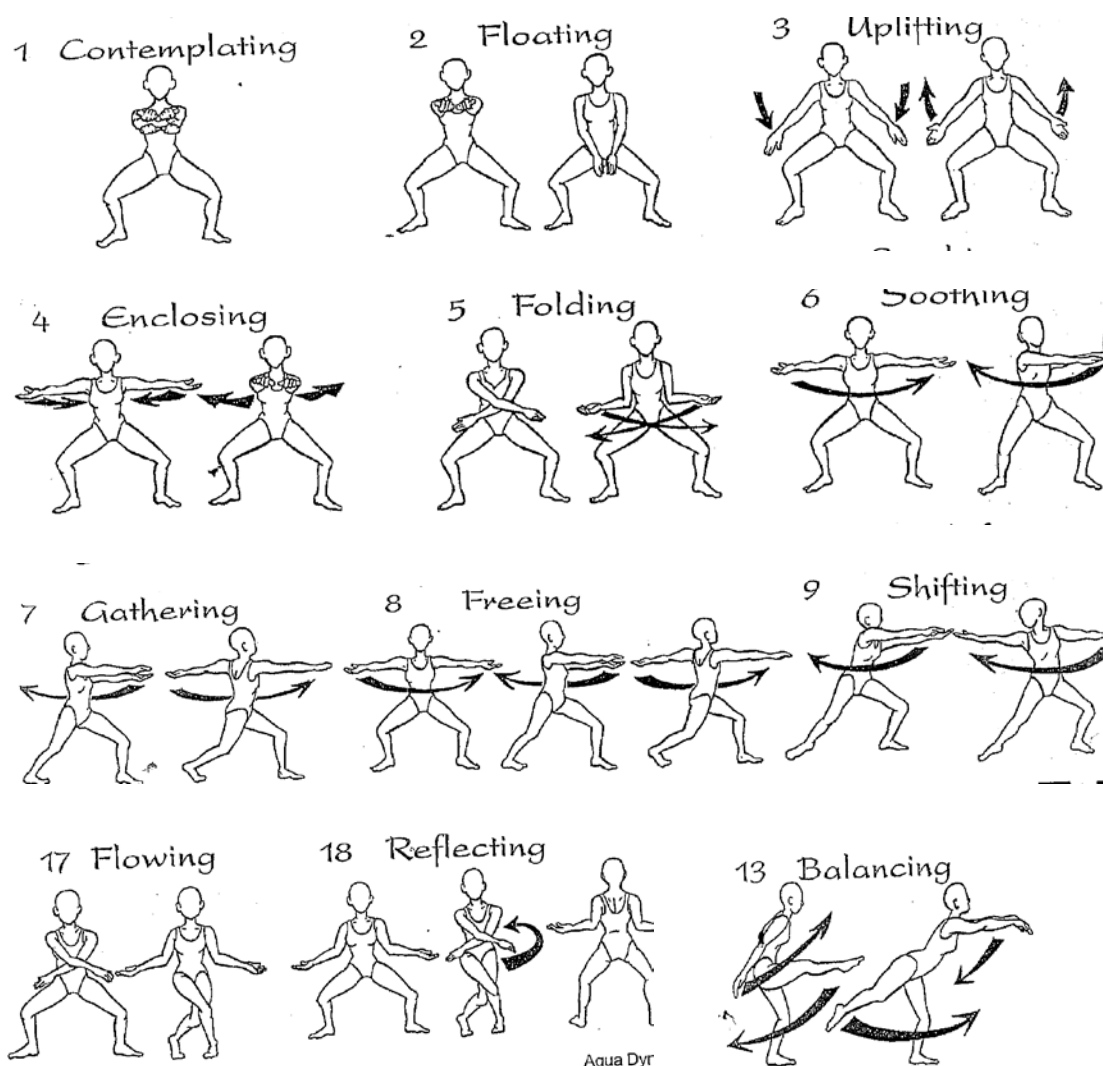




Western Health

Aqua Balance- exercises to complete at your local pool

Supplemental File 1. Ai Chi Postures (beginner level)



1. Get into a comfortable position
 - Some people imagine riding a horse, with legs a little bit wider than hip width, knees bent and feet slightly turned out
 - You should aim to keep your chin touching the surface of the water throughout the exercises, so pick a depth of water that you can do this and still keep your balance
2. Keep your arms in the water at all times
 - Generally as you breathe in, your palms will face the waters surface, and as you breathe out, your palms turn the other way over
3. Movements should be continuous and flowing
 - Try to keep your "arms long" and "elbows soft"
 - Monitor your alignment throughout the movements, especially protecting your lower back by keeping a "neutral spine"
4. Clear your mind!
 - Ai Chi is above all a way to relax your body whilst challenging it
 - Only complete the movements that you feel comfortable doing