



Enjoying a water way of life ...our entire life

At Royal Life Saving, we want every Australian, no matter their age, experience and background to enjoy a water way of life. Aquatic recreation in, on or around the water is a fantastic way to stay fit throughout life and enjoy our Australian waterways.

TYPES OF WATERWAY RECREATION

No matter your age or ability, there are plenty of opportunities to participate in an aquatic activity that suits you.

Examples of activities you could try include:

- Swimming at your local pool
- Aqua aerobics classes
- Visiting the beach or ocean pool
- Boating, Kayaking or Fishing
- Stand up paddle boarding
- Exercising by the water eg walking, cycling, yoga

BENEFITS OF AQUATIC RECREATION

The Australian department of health recommends seniors aim for 30 minutes of moderate intensity activity on most days, preferably all days. Aquatic recreation (particularly swimming and aqua aerobics) is low impact and offers a range of physical, mental and social health benefits, including:

- Improved physical fitness
- Builds muscle tone
- Improves circulation and reduces blood pressure
- Improves balance which reduces the risk of falls
- Supports mobility and cognitive function
- Enable social connections and boosts mood

> BENEFITS OF AQUATIC RECREATION

CHECK IN WITH YOURSELF

Over time, fitness and endurance can decrease. It is essential to consider your physical ability when starting or returning to aquatic recreation for the first time or after a considerable break. Before participating in any exercise in, on or around the water Royal Life Saving recommends that you check in with yourself about your current physical health.

- When was the last time you exercised?
- Do you have any mobility issues that would restrict how you exercise now?
- Are you feeling well enough to exercise?
- Are you on any medication that affects your blood pressure, heart rate or breathing that could impact how you exercise?

WATER SAFETY TIPS

- Always check with your doctor before starting a new activity if you have existing medical or mobility issues
- Don't go alone
- Always let a family member or friend know where you are going and how long you expect to be
- Always take vital medication with you that you may need whilst exercising eg ventolin for asthma.
- Always swim and recreate in patrolled areas if available
- Check the weather conditions before heading out
- Wear a lifejacket when on the water
- Learn Lifesaving skills such as CPR
- Avoid alcohol around the water

DID YOU KNOW?

Falls are one of the leading factors contributing to drowning in older Australians.

As we age, our eyesight, hearing and reflexes may not be as sharp as they once were, which can result in decreased mobility and balance, leading to an increased risk of falling.

On average,

60 older Australians

lose their lives each year due to drowning.

Unfortunately the drowning rate for people **over 65 years of age** has risen dramatically in recent years with a

57% rise

on the 10 year average.

Maintaining physical fitness prevents the likelihood of falls by the water that could result in a non fatal or fatal drowning incident. Stay fit, have fun and stay safe around our beautiful waterways.



To find out more visit our website:
drowningprevention.org.au



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