

2-22-1985

02/22/1985 - Water Excercise Study

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Recommended Citation

University Marketing and Communications, "02/22/1985 - Water Excercise Study" (1985). 1985. 55.
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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

HARRY READ, Director of Information and Publications (217) 581-2820

February 22, 1985

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FOR IMMEDIATE RELEASE

CHARLESTON, IL--Over 55? Rather inactive when it comes to exercise? Have twinges in the hinges? Have no heart problems?

If the answers to the above are "yes" you are probably the person who can have some beneficial fun while helping in a research program conducted by Phyllis Croisant, Assistant Professor of Physical Education at Eastern Illinois University.

Exercise in the warm, shallow waters of the Buzzard Building Pool is the benefit to the participants. The research part of the program will investigate effects of water exercise on cardiovascular fitness, strength, flexibility and body fat.

Ms. Croisant said buoyancy provided by warm water makes the exercise ideal for persons who are overweight or who are afraid of losing their balance while exercising on land.

"If you fall in this program, the worst thing that can happen is getting your hair wet," Ms. Croisant said. Persons do not need to be swimmers to take part, she said.

The program will begin on March 11. Current plans call for three sessions per week, one hour each, in the early afternoon. Persons interested may contact Ms. Croisant at 581-2722 or 581-3510. There is no charge.