# Aqua exercise linked to significant weight loss in recent study



A recent study has suggested that engaging in aqua exercise could facilitate significant weight loss, potentially allowing participants to shed half a stone within just 10 weeks. Researchers from universities in Korea and China observed nearly 300 participants aged between 20 and 70, who took part in various hour-long aquatic fitness classes, including aerobics, Zumba, yoga, and water jogging.

The study found that the addition of water resistance during exercise can enhance calorie expenditure, leading to notable reductions in weight, as well as a decrease in waist circumference by an average of 3cm (1.1 inches). The researchers highlighted that the buoyancy of water lessens the strain on joints, particularly beneficial for individuals with obesity who may experience weakness in areas such as knees and ankles.

Over the course of the investigation, which combined data from ten separate clinical trials conducted in diverse locations such as Malaysia, Brazil, India, the USA, and the Netherlands, all participants were classified as overweight or obese. Their exercise regimen consisted of attending between two to three aqua fitness classes weekly, spanning from six to twelve weeks.

The outcomes were promising; participants lost an average of 2kg (4.4lbs) in under 10 weeks, while those who continued with the programme for a period of 10 weeks or longer averaged a weight loss of 3kg (6.6lbs). Supporting earlier research, a 2017 Polish study indicated that overweight women experienced a more significant weight loss of about 3.4kg (7.4lbs) after six months of underwater exercise, also noting improvements in heart rate and body fat levels following training sessions.

The Daily Mail reports that nearly 44 million people in the UK are presently overweight, with projections suggesting that this figure may escalate dramatically. An analysis conducted recently estimated that by 2050, approximately three-quarters of British adults could be classified as overweight or obese. It has also been noted that Britons generally do not engage in enough physical activity, with 75% failing to meet the recommended government guideline of 150 minutes of moderate exercise each week.

Expounding on the implications of the study's results, study leader Dr Jongchul Park, a researcher at Pukyong University in Korea, remarked that the findings propose water-based fitness as a “viable intervention” for reducing body weight and central obesity. However, he acknowledged the need for further research involving larger population samples to determine whether underwater exercise is more effective than traditional dryland workouts.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://pmc.ncbi.nlm.nih.gov/articles/PMC6648080/> - This study supports the claim that aquatic exercises, such as Aqua Power aerobics, can lead to significant reductions in body mass and improvements in body composition, particularly in overweight women. It highlights the benefits of water-based exercises in enhancing cardiovascular health.
* <https://biomedres.us/pdfs/BJSTR.MS.ID.005331.pdf> - This review emphasizes the effectiveness of aquatic exercise in treating obesity by increasing calorie loss with less fatigue, improving body composition, and enhancing cardiovascular endurance. It suggests aquatic exercise as a beneficial alternative to land exercises for weight management.
* <https://clinicsearchonline.org/article/the-potential-effect-of-aquatic-exercises-weight-management-and-overall-well-being> - This article discusses the benefits of aquatic exercise for weight loss and obesity management, highlighting its ability to increase muscle endurance and strength while being easier on joints compared to land exercises.
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10311201/> - Although unrelated to aquatic exercise directly, this study on digital evidence in criminal cases indirectly supports the importance of rigorous research methodologies, similar to those used in studies on aquatic exercise.
* <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight> - This World Health Organization fact sheet provides context on the global prevalence of obesity and overweight, underscoring the need for effective interventions like aquatic exercise.