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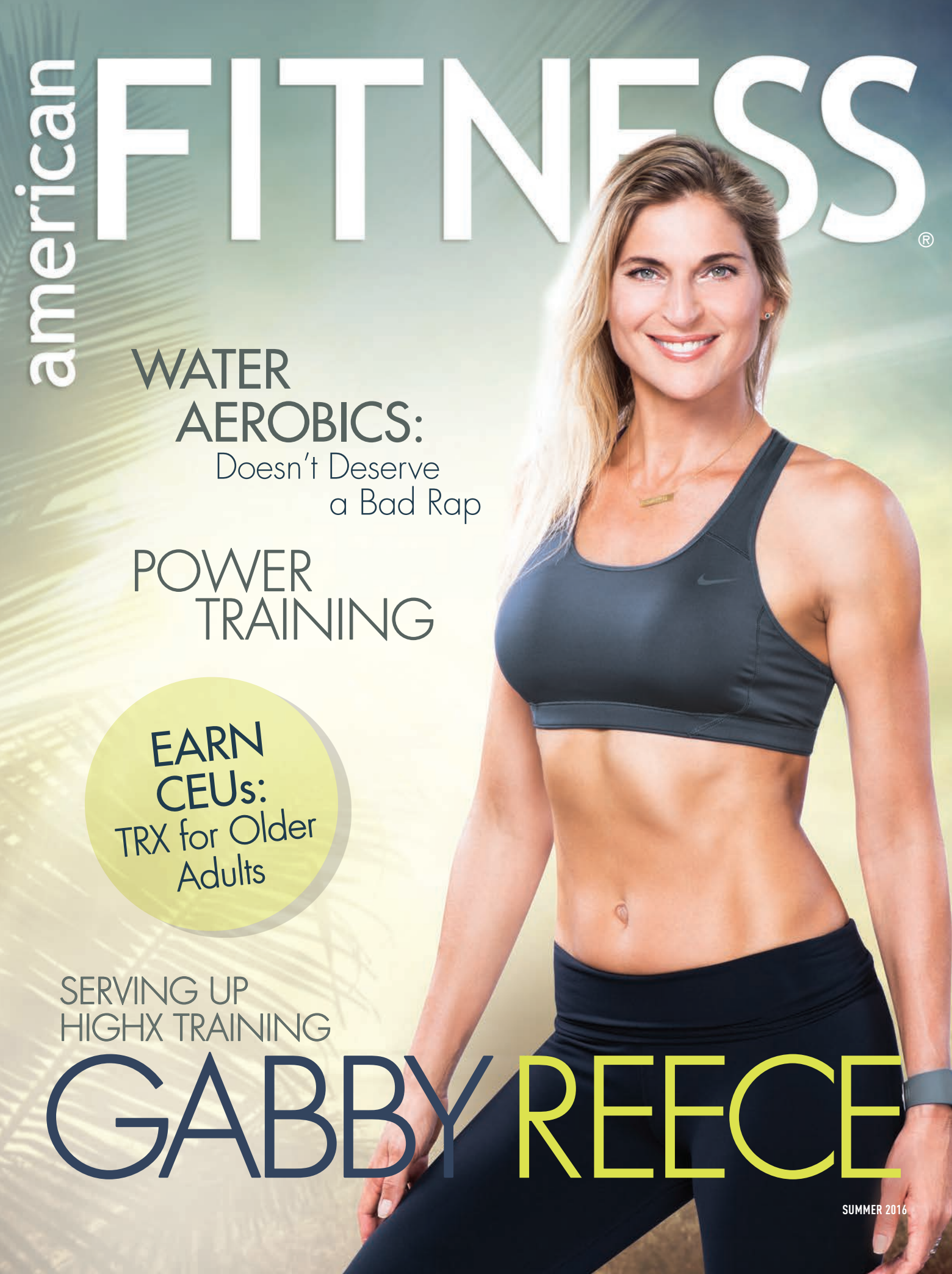

WATER AEROBICS: Doesn't Deserve a Bad Rap

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SUMMER 2016

BY MATT BRZYCKI

HOW MANY CALORIES ARE USED DURING A BODYPUMP™ CLASS?

BODYPUMP™ is a popular group exercise class that's found in more than 10,000 gyms worldwide. Participants do choreographed routines to music, performing exercises with weighted bars for high reps that target the entire body.

In one study, 40 subjects (average age 31.7) did three sessions of BODYPUMP within 14 days (actual classes led by the same instructor). They had been doing BODYPUMP for at least three months prior to the study.

On average, the male subjects used 298.9 calories or ~5.0 calories per minute; the females used 201.7 calories or ~3.4 calories per minute.

Importantly, the level of intensity for males and females was 3.9 and 3.2 METs, respectively. According to the American College of Sports Medicine, this represents a moderate level of intensity—comparable to walking at about 3 miles per hour. And 85% of the subjects reported that BODYPUMP was highly enjoyable.

IS IT POSSIBLE FOR EXERCISERS TO OVERHYDRATE?

The intake of fluids that greatly exceeds the loss of fluids—overhydration—is thought to be the primary risk factor for developing hyponatremia, which causes a low concentration of sodium in the blood. This creates an electrolyte imbalance that can result in vomiting, headache, altered mental status, seizure and coma.

Most cases of hyponatremia develop during or immediately after exercise/activity. In particular, endurance athletes should be aware of the potential for overhydration. For the average person, however, it is extremely rare.

But what about the risk of dehydration? At one point, it was recommended that fluids should be consumed before becoming thirsty. But other than exercising in environments that trigger a high rate of sweating, thirst is actually an adequate stimulus for preventing dehydration while reducing the risk of hyponatremia.

Bottom line: Rehydrate safely and drink according to thirst.

DOES CRANBERRY JUICE REDUCE CARDIOMETABOLIC RISK?

For adults, the leading causes of death include cardiovascular disease, diabetes and stroke. Fortunately, these conditions are modifiable through changes in lifestyle. It's known, for example, that cardiometabolic risk can be reduced by exercising and eating healthier.

A wide range of foods has been investigated as a possible means of lowering the chances of cardiometabolic disease. One of the latest is cranberry juice.

Researchers randomly assigned 56 subjects (average age 50) to consume either cranberry juice (sweetened with sucralose) or a placebo (with sucrose, fructose and dextrose) twice a day (480 milliliters; 80 calories total). The subjects followed diets that were 15% protein, 32% fat and 53% carbohydrate.

After eight weeks, there were no significant differences between the two groups in three measures of cholesterol and systolic blood pressure. However, triglycerides, blood glucose and diastolic blood pressure were lower in the group that received cranberry juice.

Worth noting is that the study was supported by a company that manufactures cranberry juice. Also, the lead author received funding from that company and another author was a company employee.

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