

A RADIO PROGRAMME ABOUT WATER AEROBICS



PRESENTER

Hello and welcome to Healthy Living Radio! I'm your host, Sarah, and today we are talking about water aerobics.

Water aerobics is a fun and gentle way to exercise in the water. Many people enjoy it because it is good for the body and mind.

To learn more, we sent our reporter Tom to speak to people in the street.

Let's listen to what he found out.

INTERVIEWER (TOM)

Hello everyone! I'm here in the city centre asking people one simple question:

"What do you think is a benefit of water aerobics?"

Let's hear what they have to say.



PERSON 1

PERSON 2

I think water aerobics is great because it is easy on the joints. My knees hurt when I run, but in the water I feel much better.

For me, the best thing is that it helps with stress. After a class, I feel relaxed and calm.

PERSON 3

PERSON 4

I like it because it improves flexibility. I can stretch much more easily in the water.

Water aerobics is good for older people. My grandmother does it every week, and it helps her stay active.

PERSON 5

PERSON 6

I think it is fun because of the music. The classes usually have music, so it feels like a small party in the pool.

It's a great way to meet new people. I have made many friends in my water aerobics group.

PERSON 7

PERSON 8

It helps with weight control. I don't like the gym, but in the water I enjoy moving and burning calories.

I like that everyone can join, even beginners. You don't need to be a strong swimmer to do water aerobics.

PERSON 9

PERSON 10

I think it helps my heart and lungs.
I feel that my breathing is better
since I started the classes.

For me, it's simple: it's fun! I smile
and laugh a lot during the class.
It's a great way to start the day.

INTERVIEWER_2

PRESENTER_2

Great answers! It seems that
many people enjoy water
aerobics for many different
reasons.
Back to you in the studio, Sarah.

Thank you, Tom.
Today we learned that water
aerobics can help with joint pain,
stress, flexibility, socialising,
weight control, and much more.
Maybe this week you can try a
class yourself!
That's all for today on Healthy
Living Radio. See you next time!