

Water Skiing is a great exercise no matter what age you are



It truly is a Family Sport. It's not unusual to have toddlers having their first ride on a board in the same session as their Parents and Grand Parents. We have seasoned skiers well into their 70s and beyond regularly partake.

As you get older it is a way to reverse the aging process, it triggers your youth-enhancing hormones to smooth away old dead cells while elevating your metabolic process so you can burn away stubborn fat and replace it with lean toned muscle. This is because it is a great form of metabolic training.

Metabolic training involves doing exercises that involve your entire body, so you can activate as many muscles as you can in a short amount of time. It's completely different from (and far more fun than) doing traditional isolated body building exercises where you're only using one muscle at a time. This form of exercise takes way too long and doesn't stimulate enough muscle fibres to increase your fat-burning and youth-enhancing hormones.

Here's the key: the more muscles you're able to activate at the same time, the more you'll be able to trigger your youth-enhancing hormones. This is why using exercises that involve your entire body (upper body and lower body) at the same time is crucial.

That's not all...they also boost your testosterone. Testosterone is your ultimate lean-muscle building hormone for men and women. And much like other hormones, your testosterone levels naturally start to decline after the age of 40, which is why it's so difficult to gain lean muscle and maintain that youthful body tone as you get older

Turning back the clock is easy when you know HOW to trigger the right hormones in your body. And done regularly Water Skiing does that. Soon you'll be able to trigger your youth enhancing hormones, along with your fat-burning and lean-muscle building hormones so you can defy the aging process and look and feel 10 years younger!

When taken up as a form of exercise, water skiing is a HIT (High Intensity Interval Training) activity with relatively low impact on joints, compared to, say, jogging, football, etc. It is both anaerobic and aerobic, requiring only very short bursts of activity twice or three times a week to gain the health benefits of aerobic fitness, improved glucose tolerance, and increased muscle strength. These forms of exercise are becoming increasingly popular for busy people who struggle to fit exercise into their schedule, despite wanting to avoid being a burden to the NHS. For women, particularly, water skiing is helpful in fighting osteoporosis in later years due to what is effectively load-bearing and resistance exercise, pulling against the boat and the Gforce, known to slow down loss of bone density.

Many children and young people who don't enjoy contact sports such as football or rugby have been able to give their confidence a boost by making good progress at water skiing which can be enjoyed at its own pace and independently of others.

While the sport is undoubtedly more enjoyable in the warmer weather, more and more people now skiing all year around within UK clubs, thanks to the improved design of winter wetsuits. As with open-water swimming, exercising with the elements during colder temperatures is known to increase the immune system and prevent colds and flu.

As a form of exercise, there probably isn't any other sport which offers such an investment in health for just 15 minutes 2 or 3 times a week.

Most people think that Water Skiing is an expensive sport and of course to train and compete at a high level it is. However done 2 or 3 times a week at a centre like The Academy it costs no more than the average smoker that drinks would spend on "Fags & Booze".

So, what's holding you back? Contact us and book your first lesson today.