

In This Issue

- Bowers Mansion Pool
- E-mail data base
- Aquatic Exercise

SNCA

Mission Statement:

Our mission is to promote, facilitate and coordinate the sustainability and expansion of aquatic resources within the Truckee Meadows.

Contact Us

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President

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Washoe County to Open Bowers Mansion Pool



Through a generous grant provided by the William N. Pennington Foundation for renovation, the Bowers Mansion Swimming Pool will be reopened and operated in the 2013 summer season. The pool has been closed since 2009 due to program and operating budget reductions and has sustained significant deterioration to the facility during this period.

Renovation will enable the community to once again enjoy this popular outdoor pool located at Bowers Mansion Regional Park in Washoe Valley. Pool renovations will be completed this spring to enable summer 2013 operations and Washoe County is looking for input and ideas for programming and use of the pool. For more information or provide feedback, please contact Eric Crump, Operations Superintendent at 823-6518 or via email at ecrump@washoecounty.us

Look for future announcements about this exciting news as the summer season approaches and make plans to visit the pool and surrounding park facilities!

E-mail Database Reminder

When you receive announcements from SNCA, you are either on our list of stakeholders who have provided contact information or you were from an e-mail list from one of the local user groups.

SNCA continues its efforts to create one centralized e-mail list. This e-mail list will be maintained privately and will only be utilized for distribution of materials related to SNCA and its mission. This housekeeping will prevent you from getting our e-mails multiple times if you belong to multiple groups. If you would like to opt out from the SNCA e-mails and information, please e-mail Mike Ginsburg – mike.ginsburg@sncaquatics.org If we don't hear from you we will continue to send you updates to the e-mail we have listed for you.

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Aquatic Exercise for the Holidays

As we make toward the New Year consider the following information provided by the Center for Disease Control Website in relation to the great benefits of exercise in the water.

www.cdc.gov/healthywater/swimming/health_benefits_water_exercise

Health Benefits of Water-Based Exercise

Swimming is the fourth most popular sports activity in the United States and a good way to get regular aerobic physical activity¹. Just two and a half hours per week of aerobic physical activity, such as swimming, bicycling, or running can decrease the risk of chronic illnesses^{2, 3}. This can also lead to improved health for people with diabetes and heart disease². Swimmers have about half the risk of death compared with inactive people³. People report enjoying water-based exercise more than exercising on land⁴. They can also exercise longer in water than on land without increased effort or joint or muscle pain^{5, 6}.



Water-Based Exercise and Chronic Illness - Water-based exercise can help people with chronic diseases. For people with arthritis, it improves use of affected joints without worsening symptoms⁷. People with rheumatoid arthritis have more health improvements after participating in hydrotherapy than with other activities⁸. Water-based exercise also improves the use of affected joints and decreases pain from osteoarthritis⁹.

Water-Based Exercise and Mental Health - Water-based exercise improves mental health. Swimming can improve mood in both men and women¹⁰. For people with fibromyalgia, it can decrease anxiety and exercise therapy in warm water can decrease depression and improve mood^{11, 12}. Water-based exercise can improve the health of mothers and their unborn children and has a positive effect on the mothers' mental health¹³. Parents of children with developmental disabilities find that recreational activities, such as swimming, improve family connections¹⁴.

Water-Based Exercise and Older Adults - Water-based exercise can benefit older adults by improving the quality of life and decreasing disability¹⁵. It also improves or maintains the bone health of post-menopausal women¹⁶.

A Good Choice - Exercising in water offers many physical and mental health benefits and is a good choice for people who want to be more active. When in the water, remember to protect yourself and others from illness and injury by practicing healthy and safe swimming behaviors.