

# Come on in, the water's fine!



Water activities and sports, such as swimming and gentle water aerobics, are great ways to exercise and stay cool in the summer for people with MS. Below are water activities you can incorporate into your exercise routine.

**1. Water walking:** While standing in chest- or waist-high water, walk about 10 to 20 steps forward, then walk backward. Continue for five to 10 minutes. Increase speed or intensity (jogging) to make it more difficult.

**2. Deep-water bicycle:** In deeper water, loop one or two pool noodles around the back of your body and rest your arms on top of them for support. Move your legs as if you are riding a bicycle, continuing for three to five minutes.

**3. The ball:** For this exercise, you will need an inflated, waterproof ball with a diameter of about 20 inches, such as a beach ball. In chest-high water, stand up straight and raise your right leg so it is bent at a 90-degree angle. Keeping your right foot about 11 inches in front of your left knee, maintain an upright upper body. With arms slightly bent, hold the ball with both hands just in front of your stomach. Hold this position for approximately 30 seconds, then switch legs. Repeat this routine five times on each leg for a total of 10 reps.

If you don't like the water or don't have access to a pool, try the aerobic activities suggested in [Summer at home](#).