



### Use Your Noodle. Use Our Noodle!

Pool noodles have become as commonplace as kick boards and pull buoys. It's hard to find a swimming pool that doesn't have at least one noodle floating around somewhere. While not all aquatic facilities allocate the same budget for water exercise equipment, the pool noodle's moderate cost and versatility has made it a popular choice for both exercise and recreation.

#### Noodles And Exercise Science

The human body adapts specifically to whatever type of overload it is given during an activity. Movement patterns, muscle groups, and specific metabolic systems used for each activity are different. Buoyancy-resisted activities performed in the water produce different training responses than gravity-resisted exercises on land.

In the majority of settings, a noodle is used in one of two ways: as a resistance device to enhance strength training for the musculature of the upper extremities and trunk, and as a flotation tool to provide buoyant support for suspended exercise activities.

#### Not All Noodles Are Created Equal

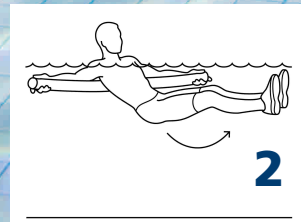
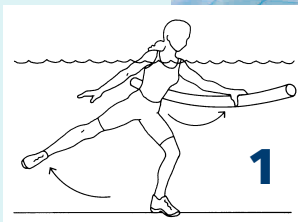
As with many types of equipment commonly used in water exercise, the noodle was adapted for use as an aquatic exercise tool. The first noodles on the market were designed as pool toys, devices to enhance fun and play. They are brightly colored, inexpensive, and useful for a variety of water recreation activities. This type of noodle is readily available today in selection of sizes, shapes and colors.

#### The HYDRO-FIT Noodle

In 1999 HYDRO-FIT introduced the first professional quality pool noodle. Designed specifically to enhance the benefits of water training, the HYDRO-FIT Noodle is thicker, shorter and made from denser foam material than most noodles. It is proportioned to support an adult body in water and provide the appropriate level of resistance and rigidity necessary for effective upper body conditioning. In addition, the HYDRO-FIT Noodle is extruded, not cut, so it has a smooth and sealed surface which enhances both comfort and durability.

#### Teaching Considerations

As with any water exercise equipment, a noodle presents special considerations for program design and exercise selection. In order to achieve optimal exercise effectiveness and promote proper technique, it is important to consider the relationship of the noodle to the body—as a hand held piece of resistance equipment (see Figure 1) or, when used for buoyant support (see Figure 2), as an aid for flotation.

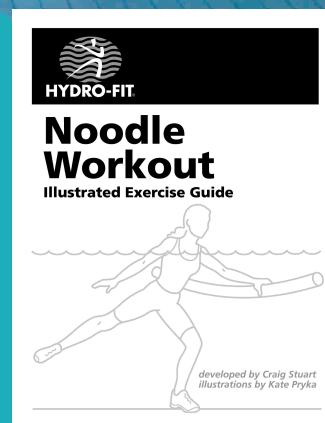


When using a noodle for exercise, it is important to consider upper-extremity muscle imbalance. Developing both the front and back muscles through an appropriately balanced exercise program promotes good posture, produces less strain on the back and reduces the risk of shoulder impingement.



### NOODLE WORKOUT GUIDE

Discover fun, effective and challenging ways to enhance your shallow water training with our 32-page illustrated exercise guide.



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#### Teaching Tips

HYDRO-FIT recommends that aquatic exercise instructors observe the following guidelines when using HYDRO-FIT Noodles in water exercise. Please note: the following are general guidelines that are prescribed for healthy, asymptomatic adults.

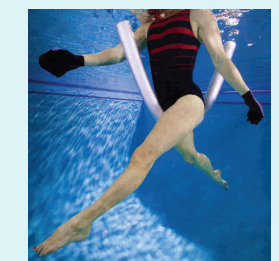
- Develop awareness of the trunk stabilizers and cue proper upper-body posture. Shoulders should remain in neutral position. Avoid excessive shoulder elevation and protraction.
- Articulate hand and wrist positions for each exercise and cue students to maintain a firm and aligned wrist. Avoid repetitive wrist flexion and extension.
- Cue for gripping and use as light a grip as possible. Sustaining a tight grip without releasing periodically can result in sore muscles and artificially elevate both heart rate and blood pressure.
- After each set of strenuous resistance exercises, completely relax the grip on the noodle for a minimum of 10–15 seconds.
- Cue students to breathe deeply and deliberately throughout each exercise.

— By Craig Stuart, President and Founder, HYDRO-FIT, Inc.



#### Multi-purpose Storage Cart

Our two-wheeled lightweight storage cart holds 20 HYDRO-FIT Noodles. Nylon mesh bag allows for drip-dry storage.



#### Noodle Gear Bag

Sturdy and durable nylon mesh duffel bag features full length zipper and comfortable shoulder straps. Ideal for carrying and stowing up to 20 HYDRO-FIT Noodles.