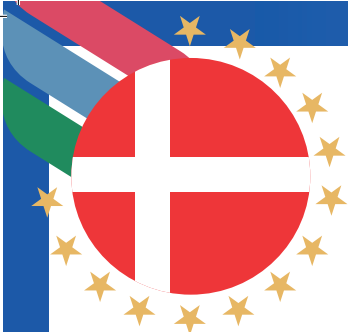


A person is seen from behind, swimming in a pool. They are using blue foam rollers for support. The water is greenish. In the background, there are colorful inflatable structures. The image is framed by a blue border with a graphic of the European Union flag (stars and stripes) on the left side.

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Water gymnastics and relaxation for elderly

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- Instruction:** Example of pelvic floor training: Sit on the foam noodle and tense up and relax the muscular layer between the two ischiadic bones (the bones inside the buttock) in your own rhythm, then hold the tension and relax half of the tension 4 times and then relax fully. Do the same for the second layer between the tailbone and the pubic bone. For the third layer, the instructions are the same for the 3 openings in the pelvic floor.
- Description:** After warm-up, there is a training of muscle strength, balance and coordination training. The session ends with stretching and relaxation.
- Keywords:** Humor, individual dosage, body awareness, knowledge of body functions, playing with the resistance and support of the water, using tools to assist training.
- References:** Knudsen (2016): Bassingtræning. FysioMunksgaard, Preil (2016): Vandgymnastik for alle. Trykværket, Skovenborg (2020): Psykomotoriske faglige grundbegreber og grundforståelser. Kropliv