

Aqua for Health

July 2024 feedback



What made you start the course?

- I've been wanting to take some time to do something for myself, I've been trying to exercise at home, but having an excuse to get out of the house is important
- I wanted to take up a swimming-based activity but lacked confidence and anxiety. The details were provided by a social prescriber who was supporting me with my mental health
- I also need some exercise and to do something for myself
- To improve mobility (bad knees], to strengthen leg muscles to support knees better
- Health concerns, and weight concerns because of autoimmune disorder
- I like doing aqua but always felt out of place. I saw a chance to do what I like with likeminded people
- Concerns about my weight and mobility
- Struggling with weight and how to lose it
- To lose weight and do something good
- High BMI
- Wanting to get back into exercise again
- I wanted to get fitter and support my weight loss
- Chronic illness and pain had caused lack of movement, motivation and activity
- GP referral
- To be able to exercise with hip pain



A positive memory or experience from participating in the course

- It's been great, I think the most positive experience was celebrating one of the other group members who has lost over 2 stone in her journey!
- The positive feeling of achievement for attending, feeling of wellbeing, socialising with others
- I actually enjoyed the activity which surprised me
- Group support of like-minded people. Being a non-swimmer helped me push my boundaries. My clothes fit better and I feel energised
- Confidence boosted by being able to do the workout with friendly people who encourage each other
- Feeling unselfconscious and weightless in the water
- It was fun and I felt like I was really doing something. Also my fat bits were hidden underwater!
- Feeling strength in arms, less tired. Great music lifts the mood too
- I have really enjoyed the whole course
- I thought I would enjoy it, but I LOVED it! They were a great group and I never felt judged
- Great teacher and a social experience
- After the start I really enjoyed it and found some muscles I didn't know I had!
- The cheesy 80's and 90's music!



What longer term impacts will you take away from participating in the course?



- I'm really hoping I'll be able to find another regular session that I can get to – I've felt the difference that the sessions have made, and it would be a massive shame to slip backwards
- I would like to continue with the exercise class to help me feel better in myself and most importantly to support my overall wellbeing
- I am actively seeking a suitable activity
- Being active has had a definite effect on my mental health. Gaining courage to push my limits and be able to see the results
- Being more confident going to the pool or gym
- I should not be scared to sign up to these things, I feel better for doing it.
- Having a good mind set
- Reminded that being in water always makes me feel good. I will be looking to commit to more
- I aim to become a member and will continue to work on my fitness and weight loss journey
- Continue to exercise when illness allows, especially swimming
- The feeling after doing exercise
- Reminding myself how I feel afterwards



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What has been most important for you? (MYCaW)



- Regular commitment and being ticked in each class meant I never wanted to miss one. The warm small pool is much more comforting than the big pool. I even got a taxi two weeks in a row when my car wasn't available!
- The building of my self-confidence and ability to attend and participate apart from 1 week when I was on holiday. Even when I have been struggling, I have attended and felt so much better on completing the sessions
- Getting out and enjoying doing stuff that I now want to join and also do more classes
- Both physical and mental health seems a lot improved in these 12 weeks. This course has given me a lot of courage to push my boundaries
- Meeting new people and not feeling as self-conscious as I did. Feeling of freedom in the water
- The group support and understanding teacher. At no time did I feel pressure. I always worked to my capability on the day. I have enjoyed attending
- I have got fitter and I am losing weight. I have never really liked fitness but the aqua aerobics has amazed me as how much I have been enjoying it.
- Socialising with others. Having the drive to come to groups maintaining my weight loss
- Regular sessions of people with like problems or concerns, and at a level I could participate
- The support of the group!
- Turning up, completing the course. Overcame my lack of confidence in water. Made some great friends that I intend to carry on meeting at other aquafit groups
- Feeling of doing regular exercise. Knee held up to exercise. All in group in same place. Not judged
- Taking part and giving 100% while waiting to see a consultant
- Upbeat, nobody cared what I look like
- Being part of a group has helped. Very good

Measure Yourself Concerns and Wellbeing (MYCaW)



Stats

