

UDK: 796.015.59

Dimitar Trendafilov,**Bistra Dimitrova***National Sports Academy of Bulgaria*

AQUASPINING AS ANTI-STRESS HEALTH PREVENTION

INTRODUCTION

In the last 3-5 years the physical activity in water enjoys with growing popularity in all Europe. That is why our scientific interests are focused, for studying the Bulgarian market for the special interest of customers to aqua practices [1, 2, 3]. They are relatively new SPA service and not so popular, for example like the "...Influence of fencing on the development of adolescent..." [14].

Among the numerous possibilities for recovering and revitalizing physical activity in water the aquaspinning have the best efficacy. "...There is no dangerous exercise, as long they are provided properly implemented, gently and moderately executed..." [10]. For its transformation into the preferred aqua practice is necessary to outline the issues that accompanying this practice in Bulgaria [5, 6]. First issue is associated with identification of the type and quality of the modeling aquaspinning programs. The second is focused on adapting them to the individual customer needs because "...Spa is something old and wonderful - the best alternative to the modern stress and its effects on human health where SPA&Wellness modern methods are alternative to social stress..." [4, 9] and its financial capabilities. And the third concerns the creation of "...new marketing&management strategy..." to promote it in the free time industry on the entire Balkans region [7, 8].

In the terms SPA, moderns man puts on recreational health&beauty or health prevention trough "...personal time for relaxing..." [4]. SPA influences are revitalizing the skin, the body and the mind through a wide range of impacts, programs, some of which are known from centuries, while others - recently created [4]. Remember that beautiful Cleopatra bathed in donkey milk, so it "...started a new era in the thinking and lifestyle of the contemporary Bulgarian..." [12]. SPA had before, just now "...was observed strongly expressed need for a healthy sports use for women..." [11]. In a nutshell SPA is something old and good, but today enriched with the miraculous impact of practices with aquaculture, because it's impossible to implement this type of culture in schools like, for example "...the school is a factor in the development of the sports fencing..." [15]. But in our opinion is very important to know that the "...Spas are frequented for health by healthy people..." to "...recover from social and professional everyday stress..." (4, 9).

MATERIAL AND METHODS

Our working hypothesis is based on the assumption that the development of modules for practicing aquaspinning will allow optimizing recreation offers relaxing programs for health prevention and "...contributes to the tired people to have rest by taking active leisure..." [13].

The aim of this study was to determine the specificity of the aquaspinning effect through the application of current methods for prevention and health promotion. For achieving the stated objective passed through implementation of the following tasks:

1. Collecting and systematization of the information from specialized literature on proposed aquaculture practices in Bulgaria and Europe;
2. Analyzing the collection and systematization of information from the specialized literature on the problems of load intensity and characteristics of control in motor activity in the aquatic environment;
3. Studying the specialized international web sites for SPA and wellness facilities offering aquaspinning;
4. Development and description of our own original programs aquaspinning;
5. Graphical visualization of the internal contents of the modules developed for practical application;
6. Formulate the final, conclusions and recommendations for the practice and description of the literature.

RESULTS AND DISCUSSION

These report indicators are revealing the internal strength and load intensity of cardio-programs developed for the SPA module in aquaspinning. Under studying are the different muscle areas of the body and the development of specialized batteries of aquaspinning exercise, which are health preventive for the clients.

The methodology of the study included the development of own resort in aquaspinning for women under 30 who expect to eliminate the presence of cellulite in the abdominal-pelvic region. Scientific experiment is tracked over a period of three months under regular participation of target groups two times a week or 24 aggregate activities for specialized aquaspinning program. We traced the confidence of women through psychometric experimental methodology. Monitoring the effectiveness of aquaspinning impact the group conducted a body by recording the weight and circumference of the abdomen, pelvis and hips standard anthropometric methods. This report offers a partial view of our regular customers' in the aquaspinning program.

Analysis of the results is based on the values obtained after mathematical and statistical processing of the data. Using correlation analysis, we calculated the interdependencies between the studied indicators for persons involved in the aquaspinning program. The values of correlation coefficients showed large direct relationship between indicators of aquaspinning modeling programs for weight loss ($r = 0,778$) and the circumference of the pelvis as for the circumference of the thigh and abdomen of the client ($r = - 0,739$).

It is also a very high correlation between rights programs for weight loss, combined with SPA services ($r = - 0,919$) like Hydro jet impingement and spray beating – consciously aimed primarily at the studied areas. Many direct relationship found at these combined effects (motor and restorative), including herbal teas and additional regulated water intake of 30 ml. / Kg body weight ($r = - 0,882$).

Topping content of the aquaspinning with SPA services to improve psychophysical status and personal self motivate of our clients in their majority (56.8 to 59.5%). The

combined option attracts customers with specific expectations about the emotional and psychological wellness. It is correct to say that this kind of aquaspinning programs is considerably more expensive than just practicing physical activity by means of aquaspinning, which also shows the high efficiency of its impact on areas of cellulite, but found significant results only after the 20th training. Summarized results of the study show that it is imperative wide dissemination of modeling aquaspinning programs trough the SPA&Wellness center how has a swimming pool. An important factor is the development of those programs towards lowering, raising and maintaining weight to attract diverse target groups of customers. Development aqua practices in the SPA industry, in Bulgaria have lacks of specific information and advertising strategy that is tailored to the specific media.

How assist weight loss: natural result of regular exercise with aquaspinning is clearing body fat and weight loss by burning an average of 450 to 700 calories in one hour of work. But training in water stimulates the appetite. If you want to lose weight, the food must be in restrictions. Otherwise, the effect can be reversed. Activities are not recommended on an empty stomach or immediately after a meal. It is important to observe safety rules when swim aquaspinning, adopted by the Red Cross. The optimal option is to eat 3/4 hour before the exercise or the same period after it. Choose vegetables, fish and dairy products. If you feel the need something sweet, eat raisins or small teaspoon of honey.

Our expert team of interdisciplinary specialists conducted an experiment to capture psychometric view of 30 regular customers in aquaspinning practitioners. They were the subjects of study groups organized in the capital - Pool "Spartacus" and the private school of the famous Bulgarian synchro swimmer Maria Spitzer.

The results of the reading views on improving the quality of modeling aquaspinning programs are presented in Table 1 and Figure 1. Customer preferences have ranged as calculated in units of ranking weight.

Picture 1. Underwater body-work during the aquaspinning activity (specific equipment)

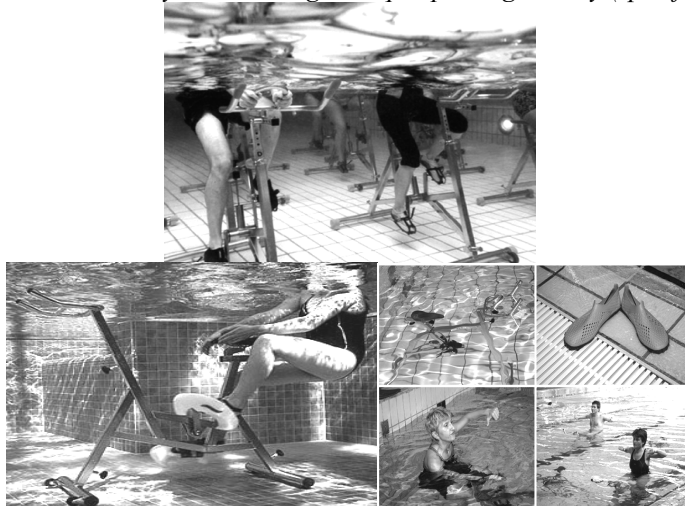


Table 1. Matrix of preferences opinions of inquired customers for improving the quality of modeling aquaspinning programs (MASP)

| Parameters | 1 | 2 | 3 | 4 | 5 | 6 | sums | Rankr |
|---|-----|-----|-----|-----|-----|-----|------------------------------------|-------|
| | /6 | /5 | /4 | /3 | /2 | /1 | | |
| | p./ | p./ | p./ | p./ | p./ | p./ | | |
| 1. Aquaspinning modeling programs for reducing the weight (ASMP 1) | 20 | 5 | 4 | 1 | | | 30 people 164 ед. (R.weight) | I |
| 2. Modeling aquaspinning programs combined with the SPA services (ASMP 2) | 5 | 15 | 2 | 4 | 3 | 1 | 30 | II |
| 3. Aquaspinning modeling programs with the inclusion of complementary bonus services (ASMP 3) | 3 | 1 | 15 | 2 | 3 | 6 | 30 | III |
| 4. Aquaspinning modeling programs to raise weight (ASMP 4) | 2 | 3 | 2 | 20 | 3 | | 30 | IV |
| 5. Aquaspinning modeling programs to maintain weight (ASMP 5) | | 3 | 6 | 5 | 16 | | 30 | V |
| 6. Include recovery by modern equipment after aquaspinning practice | | 3 | 4 | 1 | 2 | 20 | 30 | VI |
| | | 15 | 16 | 3 | 4 | 20 | 58 | |

The aquaspinning use like modeling programs for weight loss (MASP 1: Rank weighing 164 units - 73.1%) are in first position. On second position are the modeling aquaspinning programs combined with SPA services (MASP 2: rank. 132 weight unit - 56, 8%) and methodologies help to counter post-professional and post-social stress. Third and fourth place with equal rang weights are classified the aquaspinning modeling programs which include additional bonus services (MASP 3) and modeling aquaspinning programs for weight gain (MASP 4: rank. 101 unit weight - 59.5%) having related to functional activity, self-esteem and health. The lowest percentages of modeling aquaspinning programs to maintain weight (MASP 5: rank. Ed. Weight 86 - 37.2%.) And recovery by modern equipment after aquaspinning practice (MASP 6: rank. Weighing 58 fe . - 35.4%). We believe that these two factors are the expression of specific customer needs.

CONCLUSIONS

Based on the analysis we allow formulating the following conclusions in this report:

1. The aquaspinning is effective for health prevention in the aquatic environment and is a preventive health measure, in this sense, which improve the quality of life when used in everyday life.

2. The aquaspinning is interactive psychomotor activity allowing the practice as a means to eliminate female cellulite;
3. According to the prevailing opinions of the clients is imperative to develop and use a variety of pricing packages in aquaspinning and SPA procedures for the "pregnant";

Recommendations for practice:

1. Implementation of cardio-programs for aquaspinning gives its sports practitioners' music and aesthetic culture;
2. Aqua aerobics is recommended for health and health recovery through physical activity, and excellent activity in both periods of rehabilitation and recovery after postoperative treatments.
3. Aquaspinning cardio-programs help to lose weight and are completely safe for the legs and spine.

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*In a nutshell SPA is something old and good, but nowadays enriched with the miraculous impact of the water culture and aqua practices. But in our opinion is very important to know that the SPA is the health prevention of a healthy people for their recovery from social and professional everyday stress. In most European countries and it became another kind of SPA effects called a short - Medical SPA. Our **working hypothesis** is based on the assumption that the development of modules for practicing aquaspinning will allow to optimize the proposed relaxing and procreative prevention programs and promoting the health and beauty. The **aim** of this study was to determine the specificity of the effects aquaspinning through the application of current methods of prevention and health promotion.*

Key words: SPA, water culture, aqua practices, everyday stress, health prevention, aquaspinning.

„Blic“, 3. april 2013.

Naučni radovi u novom izdanju časopisa

Iz štampe je izašao prvi broj drugog volumena međunarodnog naučnog časopisa "Montenegrin Journal of Sports Science and Medicine", u izdanju Crnogorske sportske akademije.

- Za nešto više od godinu časopis je postao lider među sličnim iz oblasti sportske nauke i medicine u regionu i šire. Časopis neprestano proširuje krug svojih čitalaca u našoj zemlji, međutim, njegovo polugodišnje publikovanje na engleskom jeziku, dovelo je do toga da zainteresovanost široko prevaziđe granice Crne Gore – kazao je glavni urednik prof. dr. Duško Bjelica, napominjući da radovi stižu od vodećih naučnika i stručnjaka sa svih kontinenata. Časopis je trenutno indeksiran u pet međunarodnih baza.

- Kod nekih indeksnih baza evaluacija je još uvijek u toku i nadamo se da će biti pozitivna – istakao je Bjelica, uvjeren da će časopis nastaviti da objavljuje visoko kvalitetne originalne naučne radove, bilješke, preliminarne saopštenja, preglede i konferencijske radove iz oblasti sportskih nauka i medicine.

Osim toga, on smatra da će se u njemu naći i „pisma uredniku“, izvodi sa međunarodnih i nacionalnih kongresa, paneli sa sastanaka, konferencija i simpozijuma, kao i da funkcioniše kao otvorena tribina o bitnim pitanjima od savremenog značaja.

- Nadam se da će čitaoci pronaći mnogo zanimljivih stvari o napretku sportske nauke i medicine i da će naći na korisne ideje koje će im pomoći u rješavanju novih problema u ovim multidisciplinarnim naučnim oblastima – rekao je on, podsjećajući da se na sajtu www.mjssm.me mogu pronaći radovi. [M. J.]