

Update Bone Density Revelation
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As stated in my last article on **Bone Density Revelation** this is the update on the results of the bone density test #3 taken on April 13, 2013. The official results are outstanding when compared to test #2 as listed in the original article.

I must confess several people expected this new bone density test to decrease. Why?

1. I am 2 years older than I was when I took the last bone density test and am nearing the age of 70.
2. I do not take a bone density medication.
3. For a short time, I took the chemo pill.
4. My breast cancer tested as extremely aggressive and is expected to "metastasis" to bone cancer.
5. I do not exercise on land in a weight bearing method; I perform water fitness exercises without adding weight bearing equipment. I simply use the natural resistance of the water while I move with speed until approach winded and then recover 40 seconds and repeat.

Great News:

Bone density test #3 when compared to results from the test #2 which was taken two years ago, indicates:

My bone density improved in several areas, stayed the same in others, and didn't decrease as people expected. Both test #2 and test #3 were taken in the same hospital, using the same equipment, and read by the same doctor. Praise the Lord for His Goodness and Mercy, Psalms 100:1-5 (NASB).

However, I continue to call for national research, "water fitness exercises as a weight bearing exercise". The current mainstream thought is as follows:

Deep-water fitness is a non-impact yet light weight bearing exercise since the resistance of the water is constantly pushing against the muscles as the traveling exerciser changes directions against the current increasing the resistance of the water. Swimming is non-impact and non-weight bearing since the swimmer tries to streamline or slice through the resistance of the water.

A vivid analogy was made agreeing with this mainstream thought by one of Mississippi College's professors in Kinesiology, "Can you imagine the swimmer, Michael Phelps, on the football field?" (Dr. Suzanne McDonough, PhD, personal communication, April 15, 2013). Plus from what I have seen in athletes who choose swimming as a cross training exercise, swimming works adversely to their choice of contact sport. However, as I follow the progress of our football players in water fitness exercises, the exercises I have designed complement the land training the football coaches are trying to achieve. Water fitness, performed properly, goes many steps further for contact sports. It provides benefits beyond land conditioning, such as longer bouts of energy prior to tiring, and recovering faster than those that lack proper water fitness conditioning. All the water fitness benefits transfer to land but only as long as the players are

participating weekly. Once they stop water fitness, they soon recede to the physical fitness they had originally.

References

MBMC. January 2011. Mississippi Baptist Medical Center, 501 Marshall, Jackson, MS 39202.
MBMC. April 2013. Mississippi Baptist Medical Center, 501 Marshall, Jackson, MS 39202.
NASB Hebrew-Greek Key Word Study Bible.