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# Noodling At Sea, Or Staying Fit With Water Aerobics



## Synopsis

This is a fun, pictorially illustrated manual for learning how to perform water aerobics exercises in open water anchorages or in the pool. Primarily aimed at sailing cruisers, the book is loaded with photos and step-by-step instructions on over 55 exercises that are designed to improve fitness while sailing and cruising. The introduction is a humorous review of tips and suggestions for having a fun and safe exercise experience in the open water or pool environment. Pictures of actual cruisers and detailed instructions clarify each exercise. Charts at the end of the book summarize a suggested order of exercise, and a photo chart provides a handy, quick reference of the exercises. As a physical therapist and former university professor, and a cruiser with close to 40 years sailing experience, the author has created a practical, attractive and easy to understand manual that will help sailing cruisers stay fit and healthy.

## Book Information

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## Customer Reviews

If your summer plans include spending time out on the water aboard any sort of watercraft --or long hours lying out in the sun at a pool or beach, then Noodling at Sea, Staying Fit with Water Aerobics is a book you will want to include in your library of Kindle books. Life on a cruising boat can result in

lots of sitting around interspersed with short periods of exertion. This can spell pain and/or injury when you suddenly call on muscles that have grown accustomed to the laid back Caribbean lifestyle. But for most cruisers, the idea of jogging or weight lifting or following any sort of exercise regime sounds too much like work. Cruising is supposed to be fun, right? This was the conundrum that Willie Haskins faced when she first started cruising full-time after retirement, as she recounts in the introduction to her new book, *Noodling at Sea, or Staying Fit with Water Aerobics*. Lucky for Willie (and lucky for us) she was introduced to water aerobics at a marina pool in Puerto Rico where she and her husband were spending the hurricane season aboard their boat, LIAHONA. As she explains, "Before the season was over, I had lost 30 pounds, my back and knees stopped hurting, and I became totally devoted to doing water aerobics." In the Getting Started chapter, Willie lists the equipment needed such as water bottles that will be used as weights and "A swim noodle (aka as a 'woggle' to Brits or a 'weenie' to people with dirty minds, and you know who you are." Following that comes the detailed descriptions of the 55 stretching and aerobic exercises all illustrated with color photos. The book concludes with a suggested sequence including warm ups and cool downs and finally, several terrific charts including all of all the exercises from the book. While *Noodling at Sea* shows you how exercise can be fun, social, and as a bonus --a source of weight loss, Willie didn't just invent this brilliant method for making folks want to do her exercises -- she's been a physical therapist for 36 years, much of that spent working with graduate students in a university setting, so using humor as a tool to charm patients and students into doing work they don't really want to do, is something Willie has mastered. While many exercise books are purchased just to make us feel as though we've done something to get more fit, Willie's sense of humor will bring you back to this text again and again, for the charming anecdotes about life at sea on a cruising sailboat and the brilliant one-liners that will have you laughing out loud.

*Noodling at Sea* is a valuable resource for anyone doing in water aerobics. In the first chapter Willie talks about the lessons she has learned about doing water aerobics with other people and in a variety of aquatic situations. She gives us some well thought out advice. The second chapter gives us specific advice on doing the exercise and how to increase your workout intensity, avoid injury and how to get started. The exercises are described with a photo of a person doing the exercise. The descriptions are simple and clear. The last section of the book is a tabular list of the exercises and thumbnail snapshots so you can learn them out of the water. I have done water aerobics with Willie and was surprised at the workout. My advice is to buy the kindle book and annotate your noodle using a waterproof marker and by the time it wears off you should remember the routine.

I love this book and am thrilled that 100% of the profits go to the non-profit "Hands Across The Sea" which donates books and reading programs to school children across the Caribbean! I joined a group of cruisers in Trinidad who followed Willie Haskin's program and I was SOLD! I have a bad shoulder and these exercises have really helped strengthen it and helped to relieve the pain I was having! I have a typed list that I attached to my noodle, so I can remember the sequence when I'm on my own. I highly recommend this book and program!

Keeping fit with exercise is, more often than not, boring. Not so with the variety of moves described in "Noodling at Sea". They are fun to do solo, but you'll soon find others will want to join in the fun and the more the merrier. I used permanent marker to pen the routines onto one end of my noodle and refer to them to keep me on task. I regard this book as a user friendly manual for all ages.

Instead of digging through deep water aerobics exercises, this book does it for you! Love it. Wish I had an audio version for the boat.

"Noodling at Sea" is an excellent guide for FUN water aerobics fitness. Willie Haskins has included numerous pictures and excellent descriptions of the exercises in each muscle group. She provides modifications that can be done for the activity as you float in a harbor or in a pool with hard sides. It is easy to follow and is a great workout! Get "Noodling" and stay fit.

Incredibly useful for those of us cruising the world and possibly for those at home by a pool! Anything that keeps you this fit can't be bad!

Great way to get fit. Thanks Willie!

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