

Wayne Leal's  
**KunAqua**

*"A manifesto that offers the possibility of actively redefining the ageing process."*

Geneticist  
Adrian Woolfson  
BM BCh, PhD



**A MIDLIFE  
FITNESS  
REVOLUTION**



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FITNESS  
REVOLUTION

First published in 2025 by Libri Publishing

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ISBN: 978-1-912969-80-7

ISBN: 978-1-912969-82-1 (epub)

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A CIP catalogue record for this book is available from The British Library

Design by Carnegie Book Production

Printed by Halstan

Libri Publishing  
Brunel House  
Volunteer Way  
Faringdon  
Oxfordshire  
SN7 7YR

Tel: +44 (0)845 873 3837

[www.libripublishing.co.uk](http://www.libripublishing.co.uk)

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*Front and back cover photos by Edgar Bogdanov*  
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**Foreword By Adrian Woolfson, BM BCh, PhD**

# Changing Ageing Through Choices

AGEING is often perceived as something we are unable to control—a relentless and irreversible process governed by the genetic programmes we inherit. For years, the story has been that it is our genetic blueprint that determines how we age: how our bodies change, the rate at which our health declines, and even how long we live. But what if that were only part of the story? What if the everyday choices we make—how we move, what we eat, and the way we care for ourselves—impact healthy longevity in a way that is every bit as consequential as the genes we're born with?

Interestingly, when scientists looked carefully at the sequences of the genetic book of life, they encountered something unexpected. The human genome contained only slightly more genes than that of a common garden lettuce and twenty times fewer genes than that of a speckled grasshopper. Genes, it seems, are only part of the story. Human nature and the factors influencing disease and ageing, while dependent on protein-encoding genes, draw upon information from a multitude of sources. These are integrated to determine health and longevity.

While many health and disease processes map to single genes, most are caused by multiple genes and a host of environmental factors. Single genes can be altered through gene editing, and we may, in the future, be able to rewrite our genomes to increase healthy longevity, should we wish to. For now, however, the practical reality is that each of us holds the ability to alter the lifestyle factors that contribute to our health in straightforward ways that can be just as consequential as the influence of genes.

One of the most exciting recent scientific discoveries is the concept of epigenetics—the idea that environment and lifestyle choices can influence how the information of genes is expressed. While we can't change our genetic code, we can influence how genetic information manifests itself. We can literally reprogramme some aspects of our biological software. And this is where Wayne and his new lifestyle-enhancing regimen, KunAqua, have the potential to help us.

Wayne's epiphany is that water has unique properties—buoyancy and resistance that make it an ideal medium for preserving health, and reducing joint stress. He highlights the remarkable potential of water exercise to impact our health. It provides a compelling example of how a simple, intentional choice—moving in water—may profoundly impact the way in which we age. Life evolved in water over three billion years ago, and Wayne is taking us home to the place of our primordial origins, seeking out and exploring its nurturing and rejuvenating properties.

Wayne not only explores the science behind water exercise but challenges the notion that ageing is a passive and inevitable process. In a transformative act of philosophical mastery, he presents ageing as an active journey—shaped through daily habits. The message is clear: ageing isn't just about adding years to life; it's about adding life and vigour to years. KunAqua is more than just a guide to water exercise; it is a manifesto that offers the possibility of actively redefining the ageing process. In focusing on the power of choice, it demonstrates that with the right mindset and choices, we can maximise our chances of attaining healthy longevity.

— Adrian Woolfson, BM BCh, PhD

Former Charles and Katherine Darwin Fellow at Darwin College, Cambridge, Author of *Life Without Genes* (2000), *An Intelligent Person's Guide to Genetics* (2004), and *On the Future of Species* (2026)

## INTRODUCTION

*“I’m not here to deny ageing.  
I’m here to redefine it.”*

AT 67 years old, I can confidently say that my mobility, athletic physique, and poise defy the mainstream narrative of ageing. For decades, I thought fitness was about pushing harder and proving toughness. But after multiple injuries and surgeries, my body said—no more. What once made me feel strong was now breaking me down.

I tried everything—nothing worked. Then, by chance, I stepped into a pool while on holiday, and everything changed.

Water—something I had never considered for training—became my greatest ally. Within moments, I felt relief. I moved without pain for the first time in years. What felt impossible on land became effortless in water. It was a KunAqua light-bulb moment that challenged everything I knew about movement.

### **More Than Fitness—A New Way to Feel Alive**

KunAqua isn’t just about mobility, strength, and balance—it’s about reclaiming vitality, energy, and confidence at every stage of life. The same principles that restore joint health and flexibility also enhance circulation and endurance—and yes, even reignite vitality in all aspects of life, including sexual well-being.

*KunAqua is based on the idea that you never step into the same water twice. Each session is unique as both the water and the individual change.*

## **The KunAqua Symbol: Strength, Balance, and Flow**

Inspired by the Yin-Yang symbol, KunAqua blends two words: Kun—meaning “respect”—and Aqua, the Latin word for water.

The logo’s three air bubbles represent mobility, balance, and strength—the foundation of training smarter, not harder.

Strength isn’t about breaking your body down—it’s about working with it, trusting the process to make it more resilient, energetic, and capable.

Midlife doesn’t have to mean decline. There is another way.

### **“Gym Fit vs. Water Fit”** *(A Fable for the Meta-Age)*

#### **Gym Fit**

Drips sweat—fears fat.  
*No pain, no gain*—only strain.  
Maybe Aesop’s hare: all in vain.

#### **Water Fit**

Moves like rivers flow.  
Gains strength, sheds ego.  
Aesop’s tortoise: smart and playful.

#### **MORAL:**

*“Gym Fit tracks reps. Water Fit masters breath.”*

This book is my journey, but it can be yours, too.

Let’s dive in.

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## CHAPTER 1

# KunAqua: A Journey from Pain to Possibility

*Bone-on-Bone knee pain forced me to rethink fitness. Water-based exercise relieved my pain; it also transformed my mind and body, making me stronger from the inside out.*

MY fitness journey has taken many twists and turns, but I never expected it to lead me to water. For years, I've trained in boxing, yoga, martial arts, and weightlifting, pushing my body to its limits. But then, everything changed.

After multiple injuries and surgeries from sports, motorcycle accidents, and bad luck, I found myself in constant pain. My knee, now bone-on-bone, was unable to handle the impact. Everything hurt; sitting for long periods hurt, and even walking hurt. I couldn't even do yoga without there being an element of pain the following day. On the advice of a physiotherapist, I also tried modified gym workouts—but nothing worked.

While on holiday, I went to the swimming pool, and it was a lightbulb moment. Because I wasn't a natural swimmer, I never thought of using water as a medium for exercise, even though the most popular class at my gym was aquarobics, done mostly by women. Working out in water didn't strike me as manly. I had always dismissed water workouts as passive and ineffective—not something a serious athlete would do. But the moment I stepped in, everything changed.

The buoyancy of the water not only relieved my pain—it put a smile back on my face because movements that

once felt impossible on land became effortless. My knee, which had been battered for years, suddenly said thank you to me as I moved freely. Metaphorically and physically, I felt weightless, as if my body had been given a second chance. Unlike on land, every step in the water felt smooth, effortless—every step that once brought pain now brought freedom.

What started as a dip in the pool on holiday became the most powerful transformation of my life. I discovered that water wasn't just a place for aquarobics and people jumping around aimlessly—it was a potential training ground for rehabilitation, strength, mobility, and confidence.

## **The Shift from Conventional Fitness to KunAqua**

I have never been one for gym exercises. I prefer things like yoga, martial arts, boxing, and callisthenics. So, I am not like most people conditioned to believe that strength and fitness come from lifting heavy weights, pushing through pain, and doing ridiculous, high-impact exercises. The concept of training through the pain and the harder you worked, the stronger you became was alien to me.

I transferred all my years of training into the pool and developed KunAqua, which challenges everything people believed about fitness. KunAqua exercises, like spinal twists, strengthen deep core stabiliser muscles to support spinal alignment—a key component for mobility, poise, and pain relief. Unlike traditional fitness training, which tends to isolate muscles, KunAqua engages the entire body, enhancing neuromuscular coordination and flexibility without unnecessary strain or impact.

KunAqua isn't just about exercise—it's a holistic movement with intention that activates the body from the inside out. This is training smarter, not harder.

Despite countless injuries from contact sports, motorcycle accidents, and undergoing multiple surgeries, I have built a strong, resilient body without lifting weights or doing a single sit-up in over thirty years. Exercising in water has eased my knee pain and helped me redefine strength—not as something that wears down the body but as something that works with it.

## **Why KunAqua is Different**

When I first started training in water, I assumed it would only be useful for rehabilitation. But I quickly realised that it was so much more. That led me to develop KunAqua, a revolutionary approach to movement that enhances strength, mobility, and posture at every stage of life. It also turned the tide on people seeing water exercise as a medium for injury recovery and aquarobics.

### **KunAqua works because of three key principles:**

- Buoyancy reduces joint strain—Unlike land-based workouts, which pound the joints over time, KunAqua allows for fluid, unrestricted movement.
- Water provides multidirectional 360-degree resistance. Every movement activates multiple muscle groups simultaneously, burning more calories and increasing strength without repetitive stress.
- Deep core activation: KunAqua engages deep stabilising muscles (like the transverse abdominis and multifidus), reinforcing spinal alignment, balance, and posture.

This wasn't just another training method—it was a breakthrough training method that I was able to use with professional athletes and even a World Champion boxer. KunAqua became the key to not only maintaining my

strength but also giving me an enviable physique that men half my age aspire to.

## **Redefining Ageing, Strength, and Movement**

KunAqua was designed to help me regain my fitness and confidence during a difficult time. As I progressed, I developed it for a midlife audience; never did I believe it would be used by world-class athletes. It is for people who refuse to let ageing define or limit them. It enhances mobility, flexibility, strength, focus, and confidence while empowering you to maintain independence and vitality at every stage of life.

This journey started as my solution, but it has become my mission to share it with you. It is now at one of the world's top resorts, proof that it works. The programme and the people who use it deliver a message beyond the form of words—this isn't just my journey—it can be yours too. You don't have to accept pain or stiffness as part of ageing.

KunAqua isn't about breaking your body—it's about strengthening, healing, and transforming it from the inside out.

## CHAPTER 2

# KunAqua: Redefining Midlife Fitness

*The way we approach fitness in midlife needs to change. Our bodies demand a more sustainable, functional approach to strength and mobility—one that builds resilience rather than breaks us down.*

KUNAQUA is more than a fitness programme—it is a pivotal part of the Meta-Age movement, a philosophy that challenges outdated ideas about ageing. It redefines midlife as a time of growth, strength, and independence, focusing on movement, breath, and mindfulness as essential components of lifelong vitality.

The **Meta-Age philosophy** is built on three key principles:

**Coherence** – Aligning mind and body for clarity and balance

**Purpose** – Setting meaningful goals that drive motivation

**Significance** – Recognising that every small action contributes to long-term health

KunAqua isn't just exercise—it's a movement. It enhances vitality, mobility, and health, proving that ageing is transformation, not decline. KunAqua is not a rigid workout but a fluid practice that adapts to your body's capability, strengthening the muscles and mind.

No two sessions are the same. Every time you step into the water, it is an opportunity to refine balance, breath, and coordination in ways that no gym workout can replicate.

Ageing is a privilege not afforded to everyone, and how we age is a choice. Research studies show that around 70% of ageing factors are linked to lifestyle—including movement and nutrition—not genetics.

KunAqua is about integrating these principles into a method of movement that is sustainable, functional, and adaptable to every stage of life.

## **Historical Roots and Evolution of Water-Based Exercise**

Water has been used for healing and physical conditioning for centuries. Ancient civilisations, including the Greeks, Romans, and Egyptians, incorporated water therapy into their health practices, recognising its ability to promote recovery and vitality.

Hydrotherapy, as we know it today, was developed further in the 20th century, with legions of people recognising it for its rehabilitative effects. Fitness guru Jack LaLanne popularised water resistance training with his brand of exercises, which he claimed were an effective, joint-friendly alternative to high-impact, military-style exercises.

## **KunAqua builds upon these foundations, combining:**

- Continuous muscle engagement through water resistance
- Optimised energy flow with breath control
- A deeper mind-body connection that creates mindful movement

Traditional exercise tends to isolate muscle groups—for example, bicep curls—whereas KunAqua uses compound movements that engage multiple muscle groups. The arm flutter exercise works the biceps, triceps, and core muscles to hold you upright simultaneously, building overall strength and power.

## **Meditative Walking: The Power of Functional Movement**

Meditative walking—which combines conscious movement, breath control, and postural awareness—is central to KunAqua. A great tool for general well-being, it improves neuromuscular coordination, cognitive attention, and stability.

### **Key elements of KunAqua Meditative Walking:**

- **Breath control:** Inhale for one step, exhale for two, controlled breath efficiency
- **Intentional steps:** Activating stabilising muscles, improving balance and poise
- **A flow state:** Using water’s resistance, sound, and buoyancy to enhance relaxation and focus.

The natural slowing of movement caused by water density allows more control over postural awareness and muscular engagement; time virtually pauses. Important for long-term mobility, this regulated tempo helps practitioners hone muscle activation and technique, increase core stability, and correct spinal alignment.

Client comments confirm these advantages:

- “Intentional motions slowed my thinking, testing my balance. It shocked me with how difficult it was to start with.”
- “Cutting out the mental chatter forced me to focus on my steps and breathing.”

KunAqua Meditative Practice Walking is about developing awareness, concentration, patience, and control as much as it is about physical motion.

## **Strength, Power, and Injury Prevention in Water**

KunAqua makes joint-friendly, effective, high-intensity workouts for water. Unlike momentum-dependent land-based training, KunAqua's multidirectional resistance forces muscles to remain engaged throughout the exercise, thereby producing:

- Increased strength and endurance
- Greater core stability
- Reduced joint stress

### **Key KunAqua Strength Elements:**

#### **1. Resistance Training**

- Water provides up to twelve times more resistance than air, making even simple movements highly effective
- Muscle activation is continuous rather than isolated, improving overall functional strength

#### **2. Core Stability Work**

- Water's shifting resistance forces the core muscles to remain constantly engaged, enhancing balance and coordination
- Unlike static core workouts on land, KunAqua creates dynamic stability, mimicking real-life movement patterns

#### **3. Low-Impact Strength Building**

- Water cushions joints, reducing strain while still offering high-resistance movement

- The multidirectional resistance activates deep stabilising muscles that are often neglected in traditional weightlifting

For those looking to maximise their workouts, additional resistance tools—such as swimming hand paddles—can be incorporated for added intensity.

## **Water-Based Fitness Transcends Traditional Training**

Considering the human body is over 60% made of water, it only seems logical to train in an environment that complements this. Using natural movement and biomechanics akin to who we are is essential. Yet, nearly every fitness programme overlooks water—the most natural element that best supports, strengthens, and challenges us. KunAqua is redefining fitness—an evolution beyond rigid, repetitive exercise, encapsulating a superior form of functional fitness, strength, longevity, and mind-body integration.

Traditional gym training workouts isolate muscle groups and prioritise mechanical repetition. Yoga emphasises static flexibility, and Pilates focuses on controlled isolated core movements. KunAqua works with the body's natural composition, offering a smarter, more sustainable approach to mobility, flexibility, strength, and longevity.

### **Key advantages of KunAqua over land-based training:**

- **Continuous muscle engagement:** Water resistance keeps muscles engaged throughout every movement, eliminating rest periods between repetitions.
- **Adaptive resistance:** The faster you move, the greater the resistance, allowing for scalable intensity.

- **Balanced strength development:** Water naturally engages opposing muscle groups, promoting symmetry and reducing imbalances.
- **Joint-friendly impact:** Unlike high-impact workouts, water cushions the joints, minimising stress and lowering injury risk.

## **Who is KunAqua for?**

- Athletes looking for a low-impact high-intensity alternative to weightlifting
- Midlife fitness enthusiasts wanting a full-body workout that also improves mental well-being
- Individuals recovering from injuries who need a safe, effective training method
- Anyone seeking a holistic approach that integrates breath control, movement, and mindfulness

## **KunAqua: A Natural Evolution in Functional Training**

KunAqua is more than a fitness programme—it represents the future of movement and wellness. By combining:

- Strength and stability
- Breath control
- Mindful movement

It offers a more innovative, sustainable fitness approach—one that enhances strength and endurance while protecting the body from joint impact and unnecessary strain.

This training method aligns with the Meta-Age philosophy, proving that midlife fitness does not have to be about decline—it can be about renewal and transformation.

## CHAPTER 3

# Mobility, Poise, and Strength: The Cornerstones of Ageless Living

*Poise comes from confidence, accomplishment, and an awareness of how you present yourself to the world. So, what is the secret? It is a blend of mobility, poise, and strength—key elements that define how we move, age, and thrive.*

KUNAQUA combines mobility, poise, and strength in a revolutionary practice intended for lifelong health and independence, whether you are recovering from an injury or redefining fitness in midlife.

At its core, KunAqua is based on the idea that you cannot step into the same water twice. Every session is different because the water and the individual constantly evolve. Unlike land-based fitness, where movements can become mechanical and predictable, KunAqua embraces fluidity, resistance, and mindfulness, making every session unique and engaging.

### **Mobility: The Ability to Move Without Restriction**

Mobility is more important than strength and flexibility—it is the ability to move efficiently and without pain. At the core of mobility is stability, which comes from deep stabilising muscle engagement. KunAqua activates the transverse abdominis, multifidus, and deep spinal stabilisers,

reinforcing the spine and promoting better movement control.

KunAqua's low-impact exercises improve mobility by:

- Increasing core stability and improving balance and posture
- Strengthening core muscles for controlled movement
- Preventing stiffness and poor posture by reinforcing postural alignment

Unlike gym exercises, which can place unnecessary strain on the joints, KunAqua allows for fluid, controlled movement that improves mobility while strengthening the muscles that support mobility, posture, and balance

### **Strength: The Foundation of Resilience**

Traditional gym strength exercises focus on building muscle size, but KunAqua builds strength that exudes confidence and longevity. The emphasis on long-term strength and mobility focuses on working on deep stabilising muscles, whereby every movement activates the smaller postural muscles, transverse abdominis, and multifidus—which offer real-life functional strength. This guarantees that the body stays upright, strong, balanced, and resilient, lowering the chance of injury and encouraging long-term mobility and youthfulness.

KunAqua strength training is about keeping stability, balance, and control throughout movement—not about lifting big weights. Through simultaneous engagement of several muscle groups, KunAqua's water resistance training increases functional strength:

- Engaging multiple muscle groups simultaneously, leading to functional strength gains
- Activating deep core muscles, which are essential for spinal support and injury prevention

- Improving balance and coordination, reducing the risk of falls and movement-related injuries

### **Poise: Balance Between Mind and Body**

Poise is not just about how you stand but how you move with confidence, control, and awareness. KunAqua enhances poise by:

- Improving postural awareness, helping correct imbalances
- Encouraging intentional, mindful movement, which promotes coordination and stability
- Strengthening core and spinal alignment, reducing the tendency to slouch or overcompensate in movement

### **The Psychological and Emotional Benefits of Poise**

- **Confidence:** A strong, upright posture naturally enhances self-assurance.
- **Mindfulness:** Focusing on breath and movement creates a deeper connection between mind and body.
- **Calmness:** The rhythmic nature of KunAqua fosters a sense of relaxation and control.

### **Synergy: Mobility, Poise and Strength in Motion**

These three elements—mobility, poise, and strength—work together to create:

- **Effortless movement:** Greater flexibility and stability reduce strain in daily activities.
- **Inner and outer balance:** Improved posture and coordination create a sense of physical and mental harmony.

- Resilience in fitness and life: Strength and stability allow for greater independence and confidence in movement.

Now that we've explored the importance of mobility, poise, and strength, how do you develop these qualities in daily life? The following methods ensure each KunAqua session builds long-term resilience and balance.

### **Practical Methods for Developing These Pillars**

- Engage the core: every movement should involve intentional core activation.
- Breathe with awareness: controlled breathing enhances focus, stability, and endurance.
- Emphasise slow, controlled movements: rushing leads to imbalances; mindful motion ensures efficiency.

### **Conclusion**

Mobility, poise, and strength are not just fitness concepts—they are essential for maintaining independence, confidence, and overall well-being. KunAqua isn't just about movement—it's about midlifers reclaiming confidence and poise. Mobility, Poise, and Strength don't fade into irrelevance; they are built from the inside out. With every KunAqua session, you're not just working out—you're rewiring your body for strength, confidence, and effortless movement at every stage of life.

## CHAPTER 4

# Overcoming Joint Pain: The KunAqua Approach to Mobility and Pain Relief

*Joint discomfort is nothing new—it affects millions of people worldwide, making daily tasks difficult. Its symptoms range from stiffness to intense, throbbing pain.*

FOR years, I dismissed my knee pain as being a consequence of overtraining. There were days when even the simple act of walking was painful. When the swelling persisted, I would either tape the knee or put an ice pack on it to ease the pain. But when these interventions stopped helping, I knew it was time to see a specialist. The result was my worst nightmare: the X-ray revealed bone-on-bone in my knee joint without any cartilage to cushion the joint capsule. It forced me to reevaluate my lifestyle and adopt a methodical approach to every aspect of my training.

### **The Road to Recovery**

Leading up to my specialist appointment, I visited several physiotherapists to see what insights or exercises they could provide. Sadly, they all told me what I already knew and offered the same generic exercises—leg extensions and leg curls—which only worsened my pain.

At the time, I remember thinking, “Is this it? Will I have to give up training altogether?” But me being me, I knew there had to be an alternative. I decided to look for a targeted knee-specific exercise programme to strengthen

the surrounding muscles, such as the quadriceps and hamstrings, which in turn supports joint health by:

- Reducing pain
- Enhancing mobility
- Improving alignment

While it cannot reverse the lack of cartilage, water-based fitness has been a game-changer for me. Its exercises strengthen muscles and, at times, even alleviate pain, to the point that I have twice delayed having knee replacement surgery.

### **A Turning Point: My Hip Surgery Experience**

Eleven years ago, after a major motorbike accident, I underwent hip resurfacing surgery. Before the treatment, I unknowingly developed compensatory movements to reduce discomfort.

My son was the first to notice. One day, he said, “Dad, you do know you have a slight limp when you walk?” I hadn’t realised it, but he was right. That unconscious adjustment gradually led to muscle imbalances.

If my son had not said anything, the issue would have gone unaddressed, potentially causing long-term mobility problems.

To prepare for hip surgery, I cut back on teaching yoga classes and focused on stretching and mobility exercises to help realign my body. Integrating water-based fitness into my routine revealed its life-changing benefits.

As I prepare for a knee replacement, prehabilitation is my top priority for improving strength, mobility, and mental resilience. My goal is to delay surgery as long as possible so that when the time comes, I’ll be stronger and better prepared for rehabilitation.

## **The Role of Strengthening Exercises in Pain Relief**

I learnt the hard way the importance of how strengthening the right muscles reduces joint pain and prevents further injury. Core weakness contributes to muscle imbalance, joint pain, and poor posture. Strengthening these muscles—explored in Chapters 1 and 12—improves stability and reduces discomfort.

KunAqua strengthens both by:

- Increasing shock absorption, minimising impact during movement
- Enhancing flexibility and mobility, reducing stiffness and pain
- Correcting spinal and joint alignment, improving overall mechanics
- Reducing pain naturally through endorphin release and fluid movement

Water's natural density encourages slow, controlled movements, allowing for deeper muscle engagement while minimising strain on the joints. By strengthening both the core and lower body, KunAqua helps improve stability, balance, and long-term joint health.

### **KunAqua as a Lifeline for Joint Pain Sufferers**

KunAqua offers a lifeline for those managing osteoarthritis or recovering from surgery. Its low-impact exercises:

- Foster long-term joint health
- Provide relief from pain
- Restore mobility and flexibility

## **Why Water-Based Exercise is Superior for Joint Pain**

There are several reasons why water-based movement has advantages for those struggling with pain:

- Buoyancy reduces joint stress: Depending on the depth, water supports up to 90% of body weight, easing pressure on painful joints.
- 360-degree resistance enhances stability: Unlike weight training, which isolates specific muscle groups, water resistance activates stabilisers to improve coordination.
- Low-impact but high-intensity: Strength training in water builds endurance, resilience, and muscle mass without aggravating inflammation.

## **A Science-Backed Approach to Pain Management**

According to scientific research, water-based exercise reduces joint pain and stiffness while improving overall function. Studies indicate that regular aquatic training:

- Decreases inflammation.
- Improves range of motion.
- Enhances muscle strength around affected joints.

KunAqua encapsulates these benefits in a programme that not only strengthens the body but also improves long-term joint resilience.

## **Conclusion**

Joint pain happens—it is a signal to move smarter, not less. KunAqua provides a sustainable solution for pain relief and mobility restoration, offering:

- A joint-friendly alternative to land-based workouts.
- Functional strength to support long-term movement.

- A method to maintain independence and confidence at every stage of life.

For me, the water has been my safe place, allowing me to train pain-free while strengthening my body. It is a place where my movement is unrestricted, and every session is an opportunity to restore mobility. With KunAqua, we can redefine our strength and resilience, one movement at a time.

## CHAPTER 5

# KunAqua Training Can Enhance Sexual Health and Improve Erectile Function

*A lot of men have trouble getting or keeping an erection, but KunAqua training can help naturally. Men can regain their confidence and improve their sexual ability by increasing circulation, raising testosterone levels, and strengthening the pelvic floor.*

HERE is a surprising fact: erectile dysfunction (ED) is more common than you may realise. Research shows that:

- 30-50% of men aged 40-70 experience a degree of ED.
- By age 40, around 40% of men report forms of ED, increasing to 70% by age 70.
- 1 in 4 men under 40 also experience ED, which is due to stress, diet, and lack of exercise.

Many factors contribute to ED, but it has been shown that a structured, low-impact training programme like KunAqua can significantly improve erectile function.

### **Why KunAqua Training May Improve Erectile Function**

Men have reported longer, stronger erections after three months of KunAqua training that combines cardiovascular improvements, increased circulation, hormonal balance, and reduced stress levels.

## **How to do it:**

### **1. Better circulation and blood flow.**

Taking care of your arteries is essential for keeping your erection healthy. The moves in KunAqua are low impact and work the whole body while you're in the water. These moves strengthen the heart and increase blood flow, directly boosting sex function.

Water resistance training improves cardiovascular stamina. This means that more blood flows to the penile tissues. Because water has hydrostatic pressure, blood doesn't pool in the lower limbs, making the transfer work better. Vascular health is generally better when cells get more oxygen and nutrients.

### **2. Making more nitric oxide.**

Nitric oxide (NO) is a molecule that relaxes blood vessels and makes it easier for blood to move to the genitalia. KunAqua training raises NO production.

- Aerobic and resistance training naturally raise NO levels, which makes erections harder and last longer.
- Breath control and full-body exercise in KunAqua also raise NO levels, which makes arteries work better.

### **3. Less stress and cortisol in the body.**

When stress lasts a long time, a hormone called cortisol stops the production of testosterone and increases the risk of ED. Stress levels drop, and libido rises when you do KunAqua's mindful moves and water-based strength training.

- Less stress boosts testosterone, which helps get and keep an erection.

- Working out in water wakes up the parasympathetic nervous system, which is a key part of desire and sexual function.

#### **4. More testosterone is being made.**

Testosterone is essential for sexual function. While lifting weights raises testosterone, KunAqua is a resistance-based exercise that is easier on the joints and helps keep hormones in balance.

- Doing functional movements in water works out your core and lower body muscles, which makes your body produce testosterone.
- Regular exercise stops the loss of testosterone that comes with getting older, which boosts libido and endurance.

#### **5. Muscles in the pelvic floor get stronger.**

The muscles on the floor of the pelvis control ejaculation and how stiff the erection is. Weak pelvic muscles can cause ED and early ejaculation. A strong pelvic floor, on the other hand, leads to:

- Better support for an erection and rigidity that lasts longer.
- Better control over ejaculation and orgasm intensity.
- More stamina, which means longer, more satisfying sexual experiences.

The resistance-based movements in KunAqua naturally work out and improve the pelvic floor, which leads to better function over time.

## **6. Better recovery and sleep.**

Since testosterone production is highest during deep sleep, getting enough rest is very important for sexual health. One way that KunAqua training helps you sleep is by lowering stress factors that make it hard to sleep.

- Promoting deeper, more restorative sleep can improve testosterone levels and erections.

## **7. More confidence and mental health benefits.**

A big part of ED has to do with mental health. When men train regularly, they feel better about their bodies and have less performance nervousness.

- A better understanding of their mind and body makes them feel more present during intimacy.
- Higher self-esteem, which lets you enjoy your sexual life more.

## **How KunAqua Improves Erectile Function Over Time:**

KunAqua training improves erectile function in several ways, including:

- Circulation and blood flow—ensuring erections are harder and last longer.
- Testosterone levels—improving libido and sexual ability in general.
- Pelvic floor strength: this improves stamina and control over ejaculation.
- Taking care of stress—lowering cortisol and performance worry.
- Cardiovascular health: this helps with long-term sexual health.

KunAqua is a natural way for guys to get back in charge of their sexual health. It combines aerobic conditioning, strength training, and pelvic floor activation.

## CHAPTER 6

# Beyond Calorie Counting: Sustainable Health with KunAqua

*Forget counting calories—simply focus on nutrient-dense foods to sustain health and balance energy.*

THE food industry would have us believe that weight management is as simple as “calories in versus calories out.” But it’s not, the body is a complex system that adapts to changes in diet and activity, regulating energy expenditure in ways that challenge conventional diet and fitness wisdom. KunAqua integrates a sustainable holistic approach to health, prioritising functional movement, breath control, and overall well-being rather than restrictive calorie counting.

### **Myths Regarding Fitness and Weight**

It doesn’t matter how much energy you burn doing any given activity; our bodies are designed to limit how much energy we use. According to research, after months of exercise, daily energy expenditure stabilises and frequently reaches pre-exercise levels. Exercises like KunAqua are low-impact, easy on joints, and great endurance builders that aim to prevent overtraining while improving general health through sustainable techniques.

### **You Cannot Lose Weight Through Exercise Alone**

According to several studies from various outlets with hundreds of participants worldwide, exercising to burn

calories seldom results in significant long-term weight loss. For instance, after a year of compensatory eating, those who burnt 2,000 calories weekly only lost about 2 kilograms. Instead of aiming for unattainable weight loss, KunAqua emphasises functional strength and clarity.

### **Losing weight is not a measure of success**

KunAqua was not created to promise improvements on the bathroom scale. The priority is strength, mobility, and decreased inflammation—key factors for long-term health. Regular exercise helps regulate inflammation and hormone levels, lowering the risk of cardiovascular disease, diabetes, and stress-related illnesses. Calories matter, but they are not everything.

Consuming more calories than you expend results in weight gain, but concentrating only on calories misses other vital considerations: Prioritise sustainable behaviours above crash dieting by promoting mindful activity and well-balanced, high-protein, high-fibre foods.

### **You Are Not Doomed to Obesity by Slow Metabolism**

People with similar lifestyles can have a daily calorie burn difference of up to 500 calories due to metabolic variations. Ultra-processed foods overwhelm the brain's hunger signals, leading to overeating and weight gain.

### **Obesity is not an indication of one's failure**

Lifestyle changes, more than genetics, play a role in obesity; reducing highly processed foods and increasing physical activity can also significantly impact it. KunAqua is a mindful exercise programme that treats stress and inactivity while fostering mental and physical health.

Midlife does not indicate the beginning of inevitable decline; it is a life crossroads that so many people now see as a point of evolution. No matter our age, the body has an extraordinary capacity to rebuild, adapt, and strengthen when given the right environment. The KunAqua programme is one such environment, challenging outdated beliefs about ageing by reinforcing the key pillars of longevity: mobility, spinal integrity, and breath control. The ability to move with confidence, poise, and efficiency into later years is not determined by genetics alone—it is an attainable result of conscious movement and an active, engaged mind.

## **The KunAqua Method: Mindful Movement for All-Around Health**

KunAqua combines breathwork and movement to boost strength, mobility, flexibility, and metabolism. Unlike calorie-focused workout programmes, KunAqua emphasises sustainable routines that adapt to your body's natural cycles. This tactic fights the “middle-aged spread,” the thickening of a person's midsection commonly associated with hormonal and muscle mass alterations.

KunAqua combats age-related weight gain and encourages a more balanced lifestyle by enhancing metabolic function and agility.

## **My Old Eating Habits**

Studies show that our daily diets shape our cravings and taste preferences. I used to eat takeaways several times a week—fish and chips on Fridays, pizzas on Mondays, Thai takeaway twice a week, and chocolate snacks were my go-to choices. But a bout of *E. coli* changed all of that. I was forced to prioritise whole, nutrient-rich meals. It was difficult at first, and I still fall back on it when I'm lazy. But something

surprising happened: the takeaways and pub foods started to lose their appeal. The flavours that once felt comforting began to taste artificial. This shift has been evolving for three years now. It's not easy because I'm kicking away years of poor eating habits, but I now genuinely enjoy fresh meals that make me feel good and healthy.

I'm living proof that a healthier lifestyle in the kitchen will increase your awareness of what you eat. After putting effort into my training sessions, the idea of undoing my gains with crap food will feel counterproductive. Try it for yourself; you will find that instead of craving processed foods, you will naturally gravitate towards whole, nourishing options that fuel your body. Avoiding UHP foods becomes easier, not because of restriction but because they no longer feel rewarding.

### **My New Eating Habits**

From the age of 40, our body finds assimilating protein more challenging. Adults over 50 require 1–1.2 grams per kilogram of body weight daily, and I consume 65–70 grams of protein daily to meet my nutritional needs.

I start my day with a 30–35-gram protein-rich smoothie, then only eat nutrient-dense snacks and a well-balanced dinner of fish or chicken with vegetables, providing between 70–80 grams of protein daily.

I've combined TRE (Time Restricted Eating) and KunAqua for five years, limiting eating time to ten hours. It complements KunAqua by supporting gut health, energy levels, and overall well-being.

While eating windows are important, I have always focused on high-quality foods and more fruit and vegetables. Research highlights the advantages, including improved gut health, stable energy levels, and enhanced productivity. TRE

gives the digestive system time to rest, which helps boost metabolism and regulate energy.

According to a review published in the *British Journal of Sports Medicine*, people who ate more protein during exercise with weights gained 10% more strength and 25% more muscle growth than those who did not, particularly in the over 40 group.

By combining KunAqua, TRE, and nutrient-dense meals, you can build a sustainable lifestyle focused on long-term well-being over quick fixes.

### **Meta Age Smoothie Recipe**

Each day I have a daily protein-packed smoothie; it helps control weight, stabilise blood sugar, promote digestive health, and is high in water and fibre. Fibre lowers the risk of heart disease and type 2 diabetes, delays digestion, and lowers inflammation. It also supports gut bacteria, which boosts immunity and mental health.

### **Supercharged Source of Nutrition**

I don't buy store-bought versions—my homemade smoothies are packed with nutrient-rich ingredients.

I include berries, packed with antioxidants that protect cells and improve insulin sensitivity, and nuts, rich in healthy fats, vitamins, and minerals that support heart, brain, and immune health.

Avocados deliver healthy fats that stabilise blood sugar, along with vitamins C, E, K, and omega-3s for overall wellness. Protein powder adds 25 grams of protein per scoop—crucial for muscle maintenance.

Finally, I mix everything with half a pint of whole milk, which provides calcium, vitamins A, D, B12, and phosphorus—essential for strong bones and muscles.

### **The Smoothie Takeaway**

Smoothies are a cornerstone of my TRE routine. They slow energy release and reduce hunger, and by practising TRE with balanced nutrition, I ensure that every meal delivers the nutrients my body needs.

## CHAPTER 7

# Creating a Path to Self-Improvement

*You don't have to wait for confidence. It doesn't come before action—it grows with it.*

THE main goal of KunAqua is to strengthen your belief system, which is the basis of your behaviour and routines. Negative self-perceptions may represent the biggest barriers to human development. By tackling these internal obstacles, you can transform exercise and self-care from taxing responsibilities into essential, ingrained aspects of your everyday life.

KunAqua is more than just fitness—it's a lifestyle that builds both physical and mental strength. How you see yourself directly affects how you act and what you do. Negative thoughts about oneself are often the biggest things that get in the way of growth. By changing these stories inside your head, self-care and exercise go from being chores and burdens to normal, necessary parts of daily life.

Setting SMART goals (Specific, Measurable, Achievable, Realistic, Timeframe) can help you overcome self-doubt. Instead of simply saying, "I want to get stronger," set a clear, realistic goal—like doing a four-week 25-push-ups-a-day challenge. This is one I've successfully done with my family and thousands of people—many of us are still doing it 2 years later. You can start with any number of repetitions and build up over time. The most important thing is believing that you can do it.

We often don't take the first step because we fear or question ourselves. Stop trying so hard and take a moment. Think

about what is stopping you. Is it the fear of failure? Is the path not clear enough? One nice thing about KunAqua is that it lets you move slowly at first. Moving through the water constantly reminds you that you can change, no matter where you start.

## **Embracing Change as a Constant**

The only certainty in life is change. The way you respond to it shapes who you become. Before you can change what happens, you must first change how you think, act, and feel. Accepting change is necessary for growth—you can't avoid it.

Realising that you can reach your goals helps you change as a person. Moving forward on purpose is the first step in this process. It's important to avoid getting stuck: KunAqua gives you a way to build this attitude by focusing on both mental and physical discipline.

## **The Framework of KunAqua**

KunAqua discipline is a potent metaphor for attaining personal development. This practice explores how movement impacts your emotions, thoughts, and beliefs in addition to exercise. You learn a mental process from each exercise, strengthening a blueprint that can affect every part of your life, from the people you choose to the objectives you seek.

Once you learn an exercise, you build a mental representation of its outcome—a visual memory of the movement, a connection to its breathwork (inhale or exhale), and an internal dialogue that shapes how you approach challenges. You can alter your emotional state by consciously changing your breath, movement, and internal dialogue, leading to more empowering beliefs and actions.

KunAqua shows how this process can extend to other areas of your life, helping you reframe your negative thoughts and limiting beliefs into positive, actionable strategies.

## Identifying Achievable Goals

Goals require clarity and effort. Take a moment now to write down the following:

- What is your goal?
- How will you feel when you achieve it?
- How will you know you've achieved it?
- What resources do you need?
- Why is this goal important to you?
- Where are you now with regard to it?
- What will you gain or lose by achieving it?

You run the danger of becoming lost if you don't have definitive answers to these questions. You won't be able to tell when you've reached your destination if you don't know where you're heading.

Goals need to be more than aspirations—they must be actionable. KunAqua encourages you to set S.M.A.R.T. goals that give you a clear roadmap:

- **Specific:** What exactly do you want to achieve? For example, "I want to improve my core strength."
- **Measurable:** How will you track progress? Perhaps being able to do 10 pushups and squats daily.
- **Achievable:** Is this goal realistic? Start small and build up.
- **Relevant:** Does it align with your long-term well-being?
- **Time-Bound:** When will you achieve it? Set a deadline to stay motivated.

By breaking your goals into smaller, achievable milestones, you'll ensure momentum and build confidence along the way.

Past failures teach you—they don't define you. Every setback is an opportunity to grow. Celebrate small victories, whether it's completing your push-up and squat challenge or gaining more confidence in your technique. Every time you train, see it as a win. Now is the time to start your transformation—realise your potential.

### **Intention vs. Outcome**

Every journey starts with an intention; it directs your actions, as opposed to outcomes, which gauge progress. Positively framing your intentions creates the conditions for significant change. For instance, change the phrase “I want to lose weight” to “I want to feel more energised and confident.” This mental change inspires you and synchronises your behaviour with your higher purpose.

The unpredictability of water trains not only the body but also the mind. The ability to remain focused in a pool full of distractions—splashes, noise, and movement—mirrors the mental discipline required in daily life. Blocking out distractions and tuning into the rhythm of breath and movement strengthens cognitive resilience, focus, and stress regulation. Practitioners often find that as they refine their ability to move with awareness in water, their ability to maintain calm and focus in high-stress situations improves as well.

The ability to stay focused in a pool full of swimmers creating turbulence is a perfect metaphor for life: distractions are everywhere, but with control, breath, and mindfulness, you can stay centred and strong.

To create a compelling intention, take a moment to close your eyes and imagine your future self:

1. Picture yourself a few months from now, feeling stronger and more confident after practising KunAqua regularly.
2. Visualise performing an activity with ease—walking up a flight of stairs, lifting groceries, or playing with your children or grandchildren.
3. Now, ask yourself: What steps will take you there? Write down one action you can take today to bring this vision closer to reality.

## **The Role of Modelling**

Modelling is seeing and imitating practical actions or abilities displayed by others. This could entail paying attention to your mentor's routine or your teacher's style in KunAqua.

Modelling can significantly reduce the learning curve, even though you might not get the same results.

Consider it a form of success engineering done backwards. By examining the intentional behaviours and minute details of exceptional performers, you can adopt tactics to attain comparable results.

Your brain operates like a sophisticated computer, using internal strategies for everything from decision-making to communication. Becoming aware of these processes allows you to refine them. Reflect on how you make decisions: Do you visualise success? Do you use affirming language? By understanding these patterns, you can replace self-defeating habits with empowering ones.

## **The KunAqua Breath Practice**

KunAqua fitness combines physical and mental disciplines to align the mind and body. The practice develops mobility, poise, and strength through movements and breathwork.

The essence of KunAqua is breath. Your core and vertical alignment are connected through the intentional inhalation or exhalation that goes with each movement. This breath-movement synergy improves focus, fluidity, and coordination.

Focus on breath awareness to help you return to the present when stray thoughts occur. KunAqua movements grow increasingly natural with regular repetition, imparting problem-solving and resiliency skills.

## **Bringing About Long-Term Change**

The fundamental goal of KunAqua is to promote long-lasting change. It supports overcoming self-defeating behaviours, gaining self-assurance, and developing the conviction that significant progress is achievable. See your objectives as already accomplished, then ensure your daily activities reflect that vision. Acceptance is gained via repetition; soon, doubts about your ability to succeed will fade.

Life is all about progress, not perfection. With each attempt, you get closer to your objectives. A regular KunAqua practice provides the resources to guarantee that the first steps towards change result in a more powerful and fulfilled version of yourself.

## CHAPTER 8

# The Importance of Sleep

*In challenging times, sleep becomes the best meditation—a regenerative process where we rest our weary minds*

WE all know that sleep is essential for both survival and rest. But as I get older, inconsistent sleep has become the norm. Now, I'm taking action because I know poor sleep is linked to an increased risk of heart attacks, dementia, depression, and other serious health conditions. Here's why I'm making this change and how I'm prioritising better sleep.

### **The Importance of a Consistent Sleep Schedule**

Numerous studies show that irregular sleeping hours increase the risk of cardiovascular problems, including heart attacks, strokes, and heart failure, by 26%, even if you get adequate sleep overall. The disruption disturbs our circadian clock, which regulates vital processes like blood pressure, hormone synthesis, and memory consolidation. When these systems are disturbed, the body struggles to maintain balance, which can be harmful to health.

Sleep balances the sympathetic (fight or flight) and parasympathetic (rest and digest) nerve systems. Excess cortisol, a stress hormone associated with high blood pressure and other cardiovascular problems, is released when people don't get enough or any sleep at all.

## **The Consequences of Sleep Deprivation**

**Weight Gain:** Lack of sleep disrupts hunger-regulating hormones, increasing ghrelin (an appetite stimulant) and decreasing leptin (an appetite suppressant), leading to cravings for calorie-dense foods and potential weight gain.

**Diabetes Risk:** Even one night of sleep deprivation reduces insulin sensitivity, and over time, this can lead to insulin resistance and a heightened risk of type 2 diabetes.

**Depression and Emotional Regulation:** Lack of sleep impairs the prefrontal cortex's ability to regulate the amygdala, increasing emotional instability, stress, and the risk of depression.

**Cognitive decline and dementia:** The brain's glymphatic system, which eliminates toxins like beta-amyloid plaques linked to Alzheimer's disease, is supported by deep sleep. This process is hampered by sleep deprivation, which leads to toxins buildup and cognitive decline.

**Heart Disease:** Sleep controls hormones that affect cardiovascular health, including blood pressure and inflammatory markers. Sleep problems cause an increase in C-reactive protein (CRP), an inflammatory marker associated with heart disease.

**Stroke:** There are established risk factors for stroke, including sleep apnoea and other sleep disorders. These disturbances can result in increased blood pressure, arterial plaque, and decreased brain oxygenation.

**Cancer:** Research suggests that disrupted circadian rhythms, such as those caused by working shifts, may increase the chance of acquiring cancer. For example, there is evidence that night shift workers have a higher risk of breast cancer.

## **Tips for Improving the Quality of Your Sleep**

The brain can adapt and recover when it is momentarily deprived of sleep. Make use of these strategies to improve your sleeping patterns.

**Create a Regular Routine:** Wake up and go to bed at the same time every day, including on the weekends. Determine your natural sleep window. To improve the quality of your sleep, plan your sleep around this window.

**Manage Stress:** Sleep is severely hampered by stress. Incorporate regular practices that reduce cortisol levels, such as mindfulness, meditation, or peaceful sleeping patterns.

**Create a sleeping-friendly atmosphere:** Create a calm, cool, and dark sleeping environment in your bedroom. Avoid bright lights and electronics for at least an hour before bed.

**Steer clear of stimulants:** Steer clear of coffee, tobacco, and heavy meals shortly before bed. These could interfere with your body's innate ability to unwind.

**Stay Active:** Regular exercise promotes better sleep, but steer clear of intense exercise in the late evening as it may be stimulating.

**Prevent Sleep Obsession:** Paradoxically, obsessing over sleep may exacerbate insomnia. Have faith in your body's ability to adapt over time and choose relaxation over perfection.

## **The Role of Sleep in Physical and Mental Well-being**

The foundation of both mental and physical health is sleep. Knowing how to prioritise sleep can help you take proactive steps to get the most out of your sleep. Small changes, such as maintaining a schedule or managing your stress, can have

a big influence and help you wake up feeling refreshed and ready to face the day.

The foundation of both mental and physical health is sleep. You may enhance the quality of your sleep and shield yourself from the long-term consequences of sleep deprivation by making minor but significant adjustments, such as sticking to a regular routine, controlling your stress, and keeping your surroundings conducive to rest. Making better sleep a priority today can help you wake up feeling rejuvenated and prepared to face tomorrow.

## CHAPTER 9

# Preparation for Surgery

*Preparing for joint surgery, or any surgery, is about setting the foundation for a successful recovery*

PREPARING for joint surgery is a transformative process that lays the foundation for a successful recovery. With the right mindset, physical preparation, and support, you can regain strength, mobility, and confidence. This chapter draws on personal experiences to guide you through key steps like weight management, resilience-building, and selecting the right surgeon.

### **Weight Management**

Your weight plays a significant role in joint health recovery from surgery, it is essential to maintain a healthy weight and maintain muscle mass before and after surgery. Every extra pound of body weight adds roughly four pounds of pressure to your knees, which speeds up wear and tear and increases pain and discomfort. As little as 10% weight loss can lessen joint pain, delay the possibility of osteoarthritis, and improve mobility.

Using KunAqua exercise you can diminish joint stress and prepare for substantial recovery from surgery. The less weight you carry the greater the chances of a speedy and favourable surgical outcome by reducing the strain on your joints and improving your general physical health.

## **Tips for Achieving the Best Results from Joint Surgery**

- Choose an experienced surgeon. Your orthopaedic surgeon will be a significant part of your life for years, so make sure your doctor's style, degree of experience, and personality suit you.
- Educate yourself. Learn as much as you can about pre-operative preparations, the operation, post-operative care, precautions, and probable issues related to your surgery.
- If you have questions, your surgeon should respect your right to confer with another reputable orthopaedist.
- Get ahead of things. Plan surgery when your family will be least disrupted, and you can afford to take time off from work.
- Stay positive and visualise the improvements surgery will bring to your quality of life.
- Speak with prior clients; learning about the achievements of others will allow you to relax and get perspective.
- Realise you are tense or nervous; try not to resist it.
- You should actively participate in your care, follow guidelines, engage in daily workouts, and dedicate yourself to guaranteeing a favourable result. If you have questions or issues, see your orthopaedic surgeon.
- Practise on crutches: If you have used crutches before, reacquaint yourself with them to reduce the awkwardness after surgery.
- See the recuperation process as a time to relax and heal; it is time well spent. Better health requires the time spent in rehabilitation.
- Give physical therapy a priority. Your post-operative workout schedule will determine whether you achieve a good result. Consider every exercise a stepping stone towards better strength, range of motion, and performance.

- Prepare for downtime. Remember that you will be out of the office for about six weeks. Plan visits, arrange appointments, and handle as much business as possible before surgery.
- Ensure you have help, especially at home for the first week or two. Make plans to enter a post-operative inpatient rehabilitation facility if none else is accessible until you are ok to take care of yourself at home.
- Stay committed to your goals, trust the process, and know that you'll achieve the recovery you deserve with the right mindset.
- Ask about the medications and supplements you are taking; find out whether you should stop using any over-the-counter, herbal, or prescription drugs before surgery.

## **My Experience with Joint Surgery**

Preparing for joint replacement surgery in midlife is as much a psychological journey as a physical one. My own anxiety about hip surgery grew after hearing horror stories of people ending up with one leg shorter than the other, being still in pain, or not getting back to full mobility and strength.

As I sat in the waiting room, a woman entered with a pronounced limp. My heart sped up—was this my future? Being me, I asked her about her situation, and she said she was there for corrective surgery after complications from a previous hip operation. My heart dropped, and my confidence in the surgeon I was about to see quickly disappeared.

In his office, I couldn't miss the wall of accolades behind his desk, but they offered little comfort after my unsettling encounter. When we finished discussing what he felt needed to be done, I had one pressing question: "I'm an athlete.

Will I still be an athlete after the surgery?” His vague reply—“There are no guarantees in surgery”—confirmed my doubts. I knew he wasn’t the right surgeon for me.

Feeling overwhelmed, I confided in friends, and one recommended another surgeon, Marcus Bankes. Nervous but hopeful, I met with him, and his response was exactly what I needed to hear. When I asked if I would still be an athlete after surgery, he replied confidently, “You do what you’ve got to do, and I’ll do what I’ve got to do. You’ll be training without pain.” That reassurance gave me the resolve I needed. I had found the right surgeon.

Once I had a clear timeline and reassurance that I could keep exercising as long as it wasn’t too painful, I set out with a renewed sense of purpose, determined to regain my strength. However, I did have to change how I exercised. I had to cut back on teaching yoga, and I could no longer do gym workouts or Pilates. In their place, I discovered that walking in water supported my physical recovery and overall well-being and this was the start of my KunAqua journey.

## **The Power of Prehabilitation**

Every exercise and training session you do in preparation is a step toward transformation. Strengthening your muscles before surgery can make a dramatic difference in post-operative recovery. Focus on:

- Strengthening core muscles around the affected joint to improve stability and support
- Increasing flexibility to maintain mobility post-surgery
- Practising mindful movement to enhance coordination and confidence
- Maintaining breath control to manage stress and optimise oxygen flow

When you trust the process, you will have a more positive mindset, so embrace the journey and witness the incredible resilience of your body.

## CHAPTER 10

# Can Supplements Replace Exercise? My Journey with KunAqua and NAD+

*Can a supplement outperform my KunAqua programme? I tried a 12-week NAD+ injection trial—here's what I discovered.*

LIKE many others, I've always searched for ways to improve my health at the cellular level. Recently, I became interested in NAD+ supplementation, particularly Vaion NAD+ injections, which claim to slow cell-level ageing. With KunAqua and a healthy diet already supporting my body's natural processes, I wondered—could a supplement do even more? I chose to put it to the test.

### **Benefits of KunAqua**

#### **Increased Oxygenation and Blood Flow**

Autophagy is the body's way of getting rid of old, broken cells. KunAqua speeds up this process and raises NAD+ levels. These benefits make the skin look better from the inside out, keep it hydrated, and enable you to make more collagen.

KunAqua's full-body strength training naturally improves circulation, ensuring more oxygen and nutrients reach the skin. This results in:

- A brighter and more even complexion because the capillaries are working better.

- Faster removal of toxins, which reduces puffiness and tiredness.
- Improved hydration, as better circulation helps the skin retain moisture.

## **Natural NAD+ Production and Cell Regeneration**

NAD+ (Nicotinamide Adenine Dinucleotide) is essential for:

- DNA repair and cellular longevity.
- Energy production and metabolism support.

KunAqua is a natural way of triggering your body's repair mode—helping you feel younger from the inside out. It also helps eliminate senescent cells, or “zombie” cells, which speed up ageing. Unlike supplements, KunAqua enables the body to self-regulate its NAD+ production without artificial boosts.

## **Eliminating Zombie Cells for Youthful Skin**

As we age, our bodies produce more senescent cells, which release chemicals that harm healthy cells. The KunAqua method gets rid of these cells by:

- Boosting autophagy, the body's way of getting rid of cell waste.
- Improving lymphatic flow to get rid of toxins that cause skin to age.
- Defending against oxidative stress and hence reducing the incidence of lines and sagging.
- Less stress and swelling for better skin.

## **Reduced Inflammation and Stress for Clearer Skin**

Stress and high cortisol levels can lead to:

- More oil production, which causes acne to appear.

- Breakdown of collagen speeds up fine lines and sagging.
- Rosacea, eczema, and rashes get worse; inflammation goes up.

Mindfulness, breathing exercises, and rhythmic moves in KunAqua all help lower cortisol, which in turn lowers inflammation and protects collagen.

### **Collagen and elastin make skin firmer**

Low-impact strength training in water activates fibroblasts, which are cells that:

- Make collagen, which makes the face fuller and smooths out fine lines.
- Make the skin's barrier stronger, keeping it hydrated, and keeping pollutants out.
- Keep the skin tight and young looking by increasing its elasticity.
- Clean out the body and draining lymph glands.

### **Movement in water naturally helps lymphatic flow, which gets rid of**

- Extra fluids that make you look and feel bloated and puffy.
- Oil that clogs pores and causes acne.
- Blocked circulation, increasing cell turnover for a more youthful look.

### **Better function of mitochondria for a natural glow**

KunAqua starts mitochondrial biogenesis, which is the process of making new cells that produce energy. This leads to:

## **More energy for cells, which gives the face a natural glow**

- Damaged skin cells heal faster, which lessens dark spots.
- Better balance of hormones, which is good for skin health overall.

## **My Test of NAD+ Supplements**

When I learnt about how NAD+ affects cell health, longevity, and energy, I wondered if there was anything else I could do to get better benefits than KunAqua was giving me.

I decided to undergo a 12-week trial of Vaion NAD+ injections to see if supplementing NAD+ would take my health and recovery to the next level.

## **What I Hoped to Gain**

Even though I already followed a healthy, active lifestyle, I was curious to see if NAD+ supplementation could improve:

- Sleep quality.
- Skin clarity and hydration.
- Overall energy and recovery.

## **What I Experienced**

- Minimal noticeable effects—after 12 weeks, I only saw slightly improved skin hydration.
- No improvements in energy, sleep, or workout recovery.
- High cost and invasive application—I disliked injecting myself and could not justify the expense.

This made me question whether NAD+ supplementation was necessary for someone already doing KunAqua.

## **Key Takeaways: Why I Am Sticking with KunAqua**

### **Lifestyle Comes First**

NAD+ levels naturally decline with age, but research shows that sufficient exercise, nutrition, and sleep slow this decline more effectively than supplementation.

KunAqua already activates the body's self-repair mechanisms. A supplement will not fix the problem if lifestyle habits are not optimised.

### **The Body Regulates NAD+ Efficiently**

For someone in peak health, extra NAD+ may not provide additional benefits. The body is designed to maintain balance, and artificial boosts may be unnecessary.

### **Cost Versus Value**

Vaion NAD+ was expensive, and the minimal benefits did not justify the price. If I had unlimited funds, I might use it occasionally, but it is not a necessity.

### **Supplements Are Just a Small Piece of the Puzzle**

Maintaining optimal NAD+ levels is essential for healthy ageing, but relying on injections alone is a mistake. True longevity comes from movement, breathwork, and proper recovery—all of which KunAqua already provides.

### **Final Thoughts: No Shortcuts, Just Science**

In my pursuit of optimal health, I have explored everything from cutting-edge supplements to traditional movement practices.

## **What I've learnt:**

- KunAqua is the best way to heal yourself. It naturally raises NAD+, helps cells renew, and gets rid of old cells. It's also sustainable, fun, and doesn't have any adverse effects.
- There's no easy way out. The best way to improve your health is to form long-term habits. Supplements like NAD+ can be helpful, but they can't take the place of movement, breathwork, and thoughtful recovery in the long term.
- Follow simple steps to age well. Drink water, move with purpose, and give your body what it needs. You already have the glow, energy, and strength you want inside you; you just need to find a way to use them.

## **KunAqua does that.**

## CHAPTER 11

# A Scientific Conclusion

*KunAqua: designed to improve mobility, poise, and strength combines science, rehabilitation, and wellness into a water-based programme.*

YOU will now understand that KunAqua fitness is more than an exercise programme; it uses scientifically proven principles that blend fitness, rehabilitation, and holistic wellness into one complete system.

### **KunAqua: an effective and evidence-based way to improve health**

#### **1. Scientifically Backed Benefits**

Water-based exercise reduces joint pressure by up to ninety percent, making it particularly beneficial for people with injuries, osteoporosis, and arthritis. Water's natural resistance—up to 13 times greater than air—helps build core strength, cardio, and endurance and improves circulation. Also, the 360-degree multidirectional resistance of water enhances it, becoming a natural resistance machine and providing a thorough, low-impact workout.

#### **2. Inclusive for All Ages and Fitness Levels**

Providing you have access to a river, swimming pool or the sea KunAqua is accessible to everyone. You can change the intensity to meet your preferences and location. People in recovery can do gentle moves that are easy on the joints, and beneficial for healing.

Working out in a thermal warm water pool, if available, may also help to decrease stiffness and enable your joints to move easily.

### **3. General Health Benefits**

Water slows movement, helping to relax the body, lower stress, and improve focus. Mindful movements in KunAqua help connect breath, movement, and awareness, promoting both mental well-being and physicality.

### **4. Advantages for People in Midlife**

KunAqua is the ultimate midlife programme for addressing problems such as:

- **Sarcopenia:** Maintaining strength and movement. Water resistance exercise can help prevent muscle loss as you age.

It can also boost your metabolism to help reduce the risk of diabetes and heart disease.

### **5. Evidence-Based Programmes**

Research-backed exercise methods, like HIIT (High-Intensity Interval Training), are go-to land exercise programmes but submerged in water. The benefits are through the roof for heart health and cardio fitness. KunAqua exercises mimic everyday activities (like stepping or reaching) to help improve balance, coordination, and freedom.

KunAqua is primarily a fitness method that helps people live longer, healthier lives with holistic benefits. Research supports exercise, breathwork, sleep, and stress management for longevity. According to scientific studies, longevity calls for preserving metabolic health, deep

restorative sleep, and efficient stress management and is all about keeping active. KunAqua emphasises the need for good breathing and movement patterns, supporting all these areas by boosting circulation and relaxing the nervous system.

## **6. Research Backing Water Fitness**

More and more studies show that water-based exercise is beneficial.

- A 2018 study published in the *Journal of Ageing Research* found that exercising in water helps older people improve their balance, strength, and heart health.
- A 2020 review in *Sports Medicine* showed that water-based resistance training is an effective way to increase muscle power and endurance.

KunAqua is not just an individual practice—it is a movement with global potential. Already adopted by the 5-star COMO Hotels & Resorts, both group classes and private sessions are hugely popular. The next step in the evolution of KunAqua is collaboration with scientific research partnerships to validate its impact on rehabilitation and ageing. As awareness of water-based training grows, KunAqua is poised to become a leader in functional movement and longevity.

## **Final Word**

Using science and sensible techniques, KunAqua Fitness offers a long-lasting, low-impact exercise choice suitable for all fitness levels. Those in midlife and later find it particularly beneficial: it keeps them moving and balanced and strengthens them so they may continue to be independent and active.

Emphasising the adaptability and resilience of water, which alters the world as it does our bodies and minds, Bruce Lee remarked, “Be water, my friend”. KunAqua will assist midlife and beyond individuals in turning their difficulties into fresh energy and health possibilities. At any age, KunAqua increases mobility, poise, and strength by addressing major challenges, including ageing, joint pain, and decreased mobility.

KunAqua is more than a workout method; it is my legacy in motion. Through personal experiences, I have successfully challenged outdated perceptions of fitness, ageing, and movement. KunAqua is a midlife blueprint for lifelong strength and independence. Just as water adapts, shapes, and carves the landscapes around it, KunAqua will reshape the way you move through life—strength, vitality, and independence aren’t lost with age—they are built from the inside out.

Nobody should accept the limitations of ageing. Movement is medicine. Strength is a mindset. Step into KunAqua, and let’s begin.



## **KunAqua Part Two**

# The Training Manual

WELCOME to the KunAqua Training Manual, a comprehensive guide designed to help individuals cultivate physical and mental strength through the therapeutic power of water.

KunAqua is not just a fitness regimen—it's a holistic experience that combines mindfulness, mental clarity, and physical endurance through water-based exercises. By harnessing water's natural resistance and calming properties, KunAqua participants can expect improvements in focus, movement, and breath awareness, reducing stress and enhancing well-being.

### **Part 1: Foundations of KunAqua**

#### **1.1 Mind and Body Integration**

KunAqua blends mental discipline with physical movement. The unique quality of exercising in water adds a meditative dimension to physical exertion, creating harmony between mind and body. The water environment encourages reflection and mindfulness, allowing you to be more intentional and present during your movements.

#### **1.2 Water's Therapeutic Benefits**

Water provides resistance, strengthening muscles, and improving cardiovascular health. It also requires more focus than land-based exercises. Its calming properties help soothe the mind and reduce stress, making it ideal for mindfulness.

### **1.3 Focus and Mental Discipline**

Focus is not just about mental concentration; it's a holistic approach that can help you avoid burnout and stay mentally sharp. KunAqua trains you to stay focused by reducing distractions and encouraging mindful movement. The practice teaches you to pay attention to every action, bringing intention and awareness to your workout.

### **1.4 Movement and Fitness**

KunAqua improves strength, cardiovascular health, flexibility, and mobility. The water's natural resistance enhances the benefits of each movement, ensuring full-body engagement. Additionally, the low-impact nature of water exercise makes it a safe option for individuals with joint issues or those recovering from injury.

## **Part 2: Core Elements of KunAqua**

### **2.1 Breath Awareness**

One of the key pillars of KunAqua is breath awareness. Controlled breathing helps regulate the body's response to stress and can be a powerful tool in managing pain, anxiety, and fatigue. The ability to focus on your breath in a water environment promotes both mental clarity and physical relaxation.

#### **Breathing Exercise Example:**

Next time you feel overwhelmed during a workout, take a few moments to focus on your breath. Slowly inhale through your nose, letting your abdomen rise, and exhale gently through your mouth. Use your breath as a tool to anchor

yourself in the present moment and regain control over your thoughts.

## **2.2 Mindful Movement**

In KunAqua, every movement is deliberate and executed with full awareness. Whether you're walking through water or performing strength exercises, the goal is to remain present. This form of moving meditation encourages you to focus on the sensations in your body, the way the water flows around you, and your alignment.

## **2.3 Water as a Medium for Mindfulness**

The physical properties of water support sensory awareness. When you are in the water, every motion becomes more deliberate due to the resistance and buoyancy. Pay attention to how your body moves, the sensation of your muscles engaging, and the cooling effects of the water on your skin. This heightened awareness pulls you out of the mental chatter and helps you stay grounded in the moment.

## **Part 3: 3-in-1 Programme**

### **3.1 Meditative Walking**

Meditative walking improves flexibility, mobility, and muscle strength. Slow, intentional movements and gentle stretches enhance joint flexibility and range of motion. Consistent movement lubricates joints, reduces stiffness, and alleviates tension when combined with mindfulness.

Walking mindfully and slowly increases mobility and flexibility while lowering stress, according to a study published in the *Journal of Bodywork and Movement Therapies*.

### **3.2 HIIT and Fat Metabolism**

The KunAqua HIIT workout consists of four exercises—spot run, high knee run, lunge jumps, and star jumps—performed in 30–40 second bursts of high intensity, followed by a 10–20 second rest. Combined, they provide an intense workout, raising your heart rate quicker than a long, steady cardio session. Do 3–4 sets, and as you get comfortable, try adding more sets. It’s a quick and efficient way to build endurance, cardiovascular fitness and burn more calories (400–600) than a similar workout on land.

Short-term HIIT therapies increase cardiovascular fitness and fat-burning efficiency, according to a meta-analysis published in *Obesity Reviews*.

### **3.3 Strength Training in Water**

Doing KunAqua strength training exercises for 30 minutes can equate to an hour-long land workout. Because water has 12 times the resistance of air, it engages muscles more efficiently and improves cardiovascular health and muscular tone.

Swimming and other pool activities simultaneously work the arms, legs, and core. Water-based exercises elevate heart rates while remaining low impact, making them gentle on the joints. One hour of brisk walking or light jogging is equivalent to 30 minutes of moderate water exercise in terms of calorie burn. Because of this, water exercises are productive and efficient.

KunAqua provides upper and lower body exercises. You can choose which exercises to do—as few or as many as you like in one session. Do each exercise for 30 seconds to 1 minute.

According to a study published in *The European Journal of Applied Physiology*, water-based exercise can burn as many

calories as, or more than, land-based activity due to the cooling effects and resistance of water.

## **Part 4: Training Facts and Insights**

### **4.1 Flexibility and Mobility in Water**

Water naturally supports flexibility and joint mobility. When you move in water, your joints can go through their full range of motion without the added strain experienced with land-based exercises. Water-based activities can help improve your flexibility while protecting your joints.

### **4.2 Water's Impact on Muscles and Heart**

Water resistance works your heart, tones muscles, and builds strength faster than comparable land-based exercises. The increased effort required to move through water ensures a more efficient workout.

### **4.3 Water and Gravity**

Water affects how your body moves under gravity. When submerged, your body experiences reduced gravitational pull, making movement more fluid and less strenuous. For example, working out in water up to your neck can reduce your body weight by up to 90%, making exercises easier and safer for your joints.

### **4.4 Enhanced Calorie Burn**

KunAqua burns about 30% more calories than similar land-based workouts. This is because water provides 12 to 20 times more resistance than air, forcing your muscles to work harder from all angles.

## **4.5 Water Temperature and Recovery**

Water helps regulate your body temperature, preventing overheating. Since water disperses heat four times faster than air, KunAqua minimises the risk of heat-related fatigue, allowing you to push harder during your workout without overheating.

## **Part 5: Principles of KunAqua Training**

### **5.1 Posture and Alignment**

Maintaining proper posture is essential during KunAqua exercises. Water naturally slows down movements, giving you more time to focus on your body positioning. This emphasis on posture and alignment protects against injury and helps develop core strength.

#### **Posture Tips:**

- Stand tall in the water, as though a string is gently lifting you from the top of your head.
- Engage your core by gently pulling in your abdomen. This provides stability and helps maintain balance.
- Keep your shoulders relaxed and avoid arching your lower back.
- Ensure your chin stays parallel to the ground to avoid neck strain.

### **5.2 Balance and Stability**

Water resistance activates your stabiliser muscles, which are crucial for balance. Whether you're an athlete or an older adult, building stabiliser muscle strength helps improve balance and coordination. Since water movements are slower and more controlled, you can focus on building

stability without the risk of falls or injuries associated with land-based training.

Before any intense KunAqua workout, begin with a dynamic warm-up to increase circulation and prepare your muscles.

### **Sample warm-up:**

1. **Jog on the spot:** jog in place in the water for 2 minutes, swinging your arms to match your steps.
2. **Leg swings:** perform forward and backward leg swings to loosen your hips and thighs.

## **Part 6: KunAqua Walking Principles**

### **6.1 The Profound Effects of Meditative Water Walking**

Meditative Water Walking uses the resistance of water to symbolise life's challenges. Accepting this resistance teaches you to move fluidly through the water, like flowing through life. This practice encourages a shift from thinking to simply “being” or conscious awareness, fostering perspective and clarity and reducing mental noise and anxiety. Engaging in mindful breathing and focusing on the sensations of water helps ground you in the present, embodying the concept of “flow” as water flows naturally through streams and rivers.

Through these practical steps, KunAqua enables individuals to experience greater presence, inner peace, and freedom, transforming their personal lives and interactions with others.

1. Although pain and discomfort are present, observe them rather than reacting or judging. By not identifying with the pain—and through mindful breathing and attention to the sensations of water—you become grounded in the present.

This awareness allows for healing rather than letting the pain control you.

2. During meditative Water Walking, there is an inner purpose and fulfilment, as you focus on each step as an expression of your inner being rather than a means to gain fitness. Presence in each step brings fulfilment and aligns your actions with a deeper sense of purpose.

3. Water's resistance symbolises the challenges of everyday life. As you learn to flow through water, you also learn to move through life's obstacles more easily. This practice cultivates effective responses and reduces stress, teaching you to embrace resistance rather than fight against it.

## 6.2 How to Become More Present

Through the practical steps below, you can experience greater presence, inner peace, and freedom, transforming your personal life and interactions and aligning your purpose with others in a more profound sense of being.

1. **Focus on Your Breath:** Breath awareness is one of the simplest ways to anchor yourself in the present moment. Focus on the breath to quiet the mind, bringing awareness into the “now.”
2. **Observe Thoughts Without Judgement:** Rather than getting carried away by thoughts, learn to observe them as a “witness” without reacting to them. This practice fosters a state of calm and presence.
3. **Engage Fully in Water Walking:** Instead of allowing your mind to wander, focus on the sensations and softness of the water on your skin. This will help you transform each moment into a mindfulness practice.
4. **Practise Body Awareness:** Focusing on body sensations—such as the feeling of your hands, feet, or heartbeat—helps

you become grounded in the present. KunAqua is a body-awareness exercise that enables you to notice areas of tension and brings your attention back to the present.

5. **Let Go of the Label:** Observing without judgement helps you see things as they are, reducing mental clutter and over analysis.

### **6.3 Walking Sequences**

This sequence of walking exercises is designed to enhance mindfulness, balance, breath awareness, and core engagement. Each movement should be practised both forward and backward to improve coordination and muscle control. When walking backwards, perform the same movements in reverse unless specified otherwise.

For reference, walking the length of a 25-metre pool and back typically takes about 3 minutes. If you're in a smaller pool, aim to perform each walking movement continuously for approximately 3 minutes to achieve the same benefits.

#### **Focus Points:**

- Maintain postural alignment and engage your core throughout.
- Perform each movement with intention, allowing your breath to guide the rhythm.
- Stay balanced, ensuring smooth transitions between forward and backward motions.
- When walking backward, maintain a slow, deliberate pace to prevent strain or injury.

# Meditative Walking Sequence



## Western Walk

A forward walk focusing on proper posture and fluid motion. Walking backwards enhances stability and engages additional core muscles.

Instructions:

1. Stand tall with your core engaged.
2. Forward: step forward, landing on your heel first, rolling through the arch of your foot, and pushing off with your toes.
3. Backward: step back, landing on your toes first, rolling through the ball of your foot, and ending on your heel.
4. Move your arms in opposition to your legs for balance.

Benefits: improves posture, gait efficiency, and balance in multiple directions.

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## **Namba Walk**

An ancient Japanese technique where the arm and leg on the same side move forward simultaneously. Walking backwards following this method activates stabilising muscles.

Instructions:

1. Forward: step forward with your right leg while swinging your right arm forward simultaneously.
2. Backward: step back with your right leg while swinging your right arm backward simultaneously.
3. Alternate sides with controlled movements, maintaining core engagement.

Benefits: develops coordination, balance, and core strength

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## **Noble Walk**

A mindful walk performed with your hands placed behind your back. Walking backward deepens focus and strengthens coordination.

Instructions:

1. Maintain an upright posture with your core engaged.
2. Forward: walk slowly, focusing on each step and the sensations of the water.
3. Backward: step back deliberately, keeping your movements slow and steady.
4. Let go of distractions, bringing your focus back to the water and your breath.

Benefits: enhances mindfulness, improves stability, and strengthens the core.

---



## Lateral Step

An effortless and effective move for joint-friendly strength and balance!

Instructions:

1. Stand upright in chest-deep water, feet hip-width apart, hands on hips.
2. Step wide to the right with your right foot, shifting your weight.
3. Bring your left foot in to meet your right, returning to the starting position.
4. Repeat to the left; step wide with your left foot, then bring your right foot in.
5. Swing your arms gently through the water for balance and resistance.
6. Keep movements controlled, posture upright, and core engaged.

Benefits: strengthens legs, core, and improves lateral mobility.

---



## **Hurdler's Step**

A dynamic movement to improve balance and engage core and leg muscles. Backward hurdler's steps increase hip flexibility and control.

Instructions:

1. Stand tall and bend your right leg up towards your chest.
2. Forward: step forward, landing with your heel first, and repeat with the opposite leg.
3. Backward: lift your leg backward, stepping toe-first, and alternate legs with controlled movements.

Benefits: enhances leg strength, hip mobility, and dynamic balance.

---



## **Hip Rotation Step**

Improves hip mobility and overall coordination. Backward rotations add complexity and activate additional muscle groups.

Instructions:

1. Forward: raise your right knee up and out to the side, rotating it forward as you step. Repeat with the opposite leg.
2. Backward: raise your knee to the front, rotate it outward and backward, stepping behind you.
3. Alternate sides with controlled movements.

Benefits: enhances hip flexibility, core engagement, and dynamic balance.

---



## **Forward Kick**

Engages the lower body and is ideal for rehabilitation and posture correction.

Instructions:

1. Begin with one foot in front of the other.
2. Bring your back foot forward, raising your knee in a controlled motion.
3. As you step forward, extend your leg and kick forward with your heel, propelling your energy outward.
4. Simultaneously, drag your hands backward to create a complementary force.
5. Repeat on the opposite side.

## **Going Backward Reverse Kick**

Targets the glutes, hamstrings, and lower back. Improves lower body strength, balance, and posture.

Instructions:

1. From a steady stance, lift your knee toward your chest.
2. Push your heel backward in a deliberate motion.
3. As you push, draw your hands forward to harness the momentum of the backward kick. Step back and repeat with the other leg.

Benefits: promotes mindfulness, strengthens the core and lower body, enhances balance, and improves overall coordination.

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## Lunge Step

A classic movement to build strength and balance in the lower body. Practising it backwards targets additional stabilising muscles.

Instructions:

1. Forward: stand tall with your feet hip-width apart. Step forward with one foot into a deep lunge, keeping your torso upright.
2. Backward: step backward into a lunge, focusing on stability and control.
3. Switch legs and repeat.

Benefits: strengthens the legs and core and improves balance in dynamic movements.

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# HIIT ROUTINE

A high-intensity routine to boost cardiovascular fitness and build endurance. Perform each exercise for 20-40 seconds with a 10-20 second rest.



## **Sprint on the Spot**

A high-intensity, low-impact exercise that improves cardiovascular fitness, strengthens the lower body, and enhances core stability through the resistance of water.

Instructions:

- Run in place as fast as possible.

Benefits: improves cardiovascular health and leg strength.

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## High Knee Run

Boosts endurance, strengthens the lower body, and improves balance by driving the knees upwards against water resistance.

Instructions:

- Lift your knees high while running in place.

Benefits: strengthens core muscles and increases endurance.

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## **Lunge Jumps**

A dynamic, low-impact exercise that strengthens the legs, improves balance, and enhances coordination by performing explosive lunges with added water resistance.

Instructions:

- Perform a slight lunge, then jump and switch legs mid-air.

Benefits: builds explosive strength and improves coordination.

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## **Star Jumps**

A full-body exercise that boosts cardiovascular fitness, tones muscles, and improves coordination by performing jumping jacks against the resistance of water.

Instructions:

- Jump explosively, extending your arms and legs outward to form an “T” in the air.

Benefits: strengthens the lower body and increases agility.

---

# UPPER BODY FITNESS

These exercises focus on building strength, flexibility, and coordination in the upper body. You can choose which exercises to do, and do as few or as many as you like or can manage in one session. Do each exercise for between 30 seconds to 1 minute at a time.



## Water Hand Claps

An exercise to strengthen the chest, shoulders, back, and core while improving posture and stability.

Instructions:

1. Stand in a saddle stance with arms extended at shoulder height and body submerged to shoulder level.
2. Clap your hands together in front of your chest.
3. Open your arms wide with flat hands to create resistance.
4. Repeat with smooth, controlled movements.

Benefits: This builds chest, shoulder, and back muscles, engages the core for improved stability, and enhances posture and endurance.

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## **Upright Fly**

A chest, shoulder, and upper-back strengthening exercise.

Instructions:

1. Open your arms wide at shoulder height, palms forward.
2. Clap your hands with straightened arms, then pull back.
3. Repeat the clapping and opening motion.

Benefits: strengthens chest and back muscles

---



## Windmill Exercise

A functional movement that targets multiple muscle groups, focusing on strength, stability, and flexibility.

Instructions:

1. Hips facing forward.
2. Extend arms at shoulder height, palms facing forward.
3. Inhale; rotate the torso fully to one side.
4. Exhale, return to the opposite side.

Benefits: this engages and strengthens the obliques (sides of the abdomen), rectus abdominis (front of the abdomen), and transverse abdominis. It also improves mobility, posture, balance, and mindfulness.

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## Hook Punch

The hook punch is a full-body movement where power is generated from the ground up (starting with the legs and hips) and transmitted through the core to the upper body for a powerful, well-executed strike.

Instructions:

1. Stand in a saddle stance, hips locked forward with arms slightly bent.
2. Swing your arms in a semicircular motion with open hands to increase resistance.

Benefits: activates the full range of the multifidus muscle, improves core strength, and increases spinal flexibility.

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## Uppercut

A coordinated movement where power begins in the legs, flows through the rotational motion of the hips and core, and is transferred upward through the arm for a dynamic and explosive strike.

Instructions:

1. Bend your knees slightly, with your hips locked forward.
2. Drop one hand to your side and then scoop your hand upward in front of you like a punch.
3. Repeat on the opposite side.

Benefits: activates the full range of the multifidus muscle, improves core strength, and increases spinal flexibility.

---

# FULL RANGE MULTIFIDUS ACTIVATION

These two exercises below are adapted from the hook and uppercut, focusing on multifidus activation to enhance spinal stability and mobility.



## **KunAqua Uppercut**

Inspired by the traditional uppercut punch, this exercise enhances the multifidus, spinal rotation, core engagement, and strength.

Instructions:

1. Stand in a saddle stance with hips locked forward and hands in a boxer's guard position.
2. Lower one hand and shoulder to your side, then scoop upward in a controlled punching motion.
3. Alternate sides for balanced engagement.

Benefits: this strengthens spinal stability and enhances rotational power and coordination.

---



## **KunAqua Hook Punch**

Adapted from the boxing hook punch, this water-based variation focuses on the multifidus, core strength, and shoulder mobility.

Instructions:

1. Start with hips locked, facing forward with one hand at shoulder height out to the side and the other near your face.
2. Swing your arm across your body in a controlled semicircular motion.
3. Alternate sides, focusing on controlled rotations.

Benefits: strengthens the core and improves coordination.

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## **Bicep Triceps**

This exercise tones and strengthens your arm muscles by working them in unison.

Instructions:

1. Begin in a saddle stance with elbows close to your sides and palms facing forward.
2. Raise one hand to shoulder height. As you lower it, simultaneously raise the opposite hand.
3. Keep movements controlled and rhythmical.

Benefits: builds arm strength and improves coordination.

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## **Rotator Cuff**

Strengthening the rotator cuff improves shoulder stability and prevents injury.

Instructions:

1. Stand straight with your arms bent at the elbows and tucked into your sides.
2. Rotate your forearms outward while keeping your upper arms still.
3. Return to the starting position and repeat.

Benefits: enhances shoulder mobility and stability.

---



## Arm Swings

Targets the serratus muscles to stabilise the scapula and improve shoulder mobility.

Instructions:

1. Stand in a forward lunge stance with arms by your sides.
2. Raise your right arm to shoulder height, turning your palm downward, and drag the arm back toward your hip.
3. As your arm descends, raise the opposite arm and repeat the movement.

Benefits: strengthens the shoulder stabilisers and core muscles.

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## Hand Flapping

This forearm exercise uses water resistance to improve wrist and hand strength.

Instructions:

1. Extend your arms forward, submerging your hands underwater.
2. Rapidly flap your hands up and down, keeping your wrists firm.
3. Maintain a slight bend in your elbows to reduce strain.

Benefits: builds forearm strength and improves wrist stability.

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## Open Hand

An exercise to increase grip strength and dexterity while toning hand and finger muscles.

Instructions:

1. Extend your arms forward with your hands underwater.
2. Start with your hands in fists, then slowly open them, stretching your fingers wide.
3. Close your hands back into fists and repeat.

Benefits: enhances grip strength and finger flexibility.

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## **Silk Reeling**

Derived from Tai Chi, this movement promotes fluidity and strength through spiralling motions.

Instructions:

1. Reach your arms to the left, palms turned outward at chest height.
2. Drag your arms across to the right, then turn your hands in the opposite direction.
3. Trace a figure-of-eight pattern in the water.

**Benefits: improves arm strength and enhances coordination.**

---

# LOWER BODY FITNESS

These exercises focus on improving strength, balance, and mobility in the lower body. You can choose which exercises to do and do as few or as many as you like or can manage in one session. Do each exercise for between 30 seconds to 1 minute.



## Swimmer's Kick

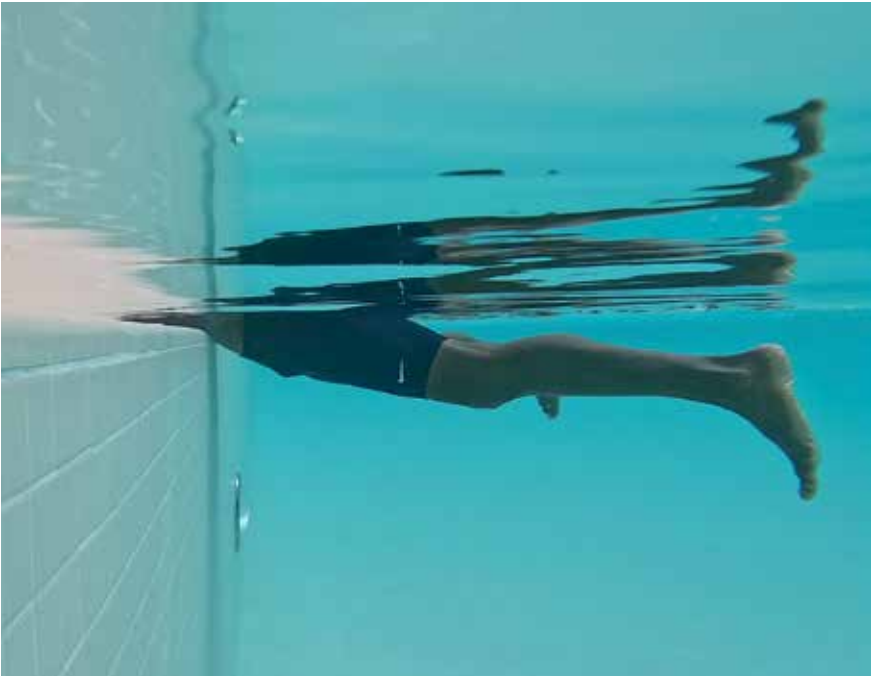
This exercise mimics a vertical kick and strengthens the posterior chain by engaging the hamstrings, glutes, and lower back.

Instructions:

1. Rest your upper body against the pool wall while keeping your lower body horizontal.
2. Swing your left leg downward, then kick it back up while simultaneously moving your right leg down.
3. Maintain a fluid, alternating rhythm, engaging your core for stability.

Benefits: builds strength in the hamstrings and glutes, enhances lower back stability, and improves coordination and endurance.

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## Swimmer's Scissor Kick

A dynamic movement that targets lower body strength and flexibility by mimicking wide, scissor-like motions in the water.

Instructions:

1. Rest your upper body on the pool wall, keeping your legs fully extended and horizontal.
2. Open your legs wide, then bring them back together in a controlled motion.
3. Maintain smooth, powerful movements and engage your core for stability.

Benefits: this strengthens the hamstrings, glutes, and lower back. It improves flexibility and lower body coordination and engages the core for balance.

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## **Swimmer's Flutter Kick**

A rapid-kicking exercise builds endurance and mobility while engaging the hamstrings, quadriceps, and core muscles.

Instructions:

1. Position your upper body on the pool wall with your legs straight and submerged.
2. Perform quick, sharp kicks with both legs while keeping the motion small and controlled.
3. Focus on engaging your core to maintain stability.

Benefits: this builds strength in the hamstrings, quadriceps, and glutes. It enhances core stability and endurance and improves lower body fluidity and coordination.

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## Swimmer's Donkey Kicks

A lower-body exercise that strengthens the glutes and improves hip mobility, making it ideal for enhancing balance and posture.

Instructions:

1. Stand a short distance from the pool wall, with your feet shoulder-width apart.
2. Bend forward, placing your hands on the wall, and keep your hips at a 90-degree angle.
3. Bring one leg toward your chest, then extend it backward in a controlled motion.
4. Return to the starting position and repeat for a set number of kicks before switching legs.

Benefits: this builds strength in the glutes and lower back. It improves hip flexibility and balance and enhances core engagement for better stability.

---



## **Leg Swing (Hip Flexion/Extension)**

Improves hip mobility and strengthens the lower body.

Instructions:

1. Stand with your left side near the pool wall, holding it for balance.
2. Swing your right leg forward to a comfortable height, then swing it backward.
3. Keep movement isolated to the hip and maintain an upright posture.

Benefits: enhances hip flexibility and strengthens leg muscles.

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## **Hip Abduction**

Strengthens the outer thighs and improves hip stability.

Instructions:

1. Stand upright and extend your right leg out to the side, keeping it straight.
2. Swing your arms in the opposite direction for balance.
3. Return the leg to the starting position and repeat on the other side.

Benefits: builds lateral hip strength and balance.

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## **Around the World**

Engages the hips and core through controlled leg arcs.

Instructions:

1. Stand near the pool wall for balance.
2. Point your right foot forward, then sweep your leg in an arc to the side and around to the back.
3. Reverse the movement, sweeping the leg forward again.

Benefits: improves hip mobility and strengthens stabilising muscles.

---



## **Front and Back Step**

Builds lower body strength and improves coordination.

Instructions:

1. Start with your feet hip-width apart.
2. Step one foot forward, then bring the other foot to meet it.
3. Step backward to return to the starting position, alternating sides.

Benefits: strengthens the legs and enhances balance.

---



## Front and Back Kick

Improves hip mobility and core stability with forward and backward kicks.

Instructions:

1. Kick your right heel forward as far as you can without bending your left knee.
2. Kick the same leg backward, maintaining a neutral spine.
3. Swing your arms in opposition to your leg movements.

Benefits: increases balance flexibility and strengthens the hips and thighs.

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## **Straight Leg Kickbacks**

Targets the glutes and hamstrings while improving core stability.

Instructions:

1. Continuing from the front heel kick position.
2. Kick your left heel backward and sweep your arms forward.
3. Then kick the heel forward, sweeping the arms backward for balance.

Benefits: strengthens balance the glutes and hamstrings while improving posture.

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## Single Leg Balance

Improves balance and strengthens stabilising muscles.

Instructions:

1. Stand with your feet hip-width apart and shift your weight to your right leg.
2. Raise your left foot off the ground and hold the position.
3. Extend your arms for balance or keep them at your sides.

Benefits: enhances balance, coordination, and core strength.

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## **Tree Pose (Vrksasana)**

A yoga-inspired pose to improve balance and focus.

Instructions:

1. Shift your weight to one leg and place the sole of the opposite foot against your thigh or calf (never the knee).
2. Bring your hands to a prayer position or stretch them overhead.
3. Hold the position while focusing on a fixed point.

Benefits: improves balance, focus,

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# Let's Rewrite the Story of Ageing

AGEING has been associated with decline—slower movement, decreased energy, and loss of strength. But what if we could rewrite that story? What if we embraced midlife instead of fearing age?

KunAqua sees midlife as a period for redefining, not a time for decline.

Starting this journey was painful and frustrating—until I discovered my solution in water. KunAqua is a fresh approach to moving, learning, and living with strength, fluidity, and poise—not just a training technique.

Fitness is not about training through discomfort or pursuing outdated notions of strength. It's about working with your body, not against it. It's about mobility, poise, and strength that honour your body instead of degrading it.

Whether you use this book to improve your fitness, heal from an injury, boost confidence, or enhance your mobility, you have already taken a step toward a smarter, stronger future.

KunAqua has been my path—now it's yours.

Let's move forward—together.