

Is Water Aerobics for Me?

Background

How I Started

Education

Experience

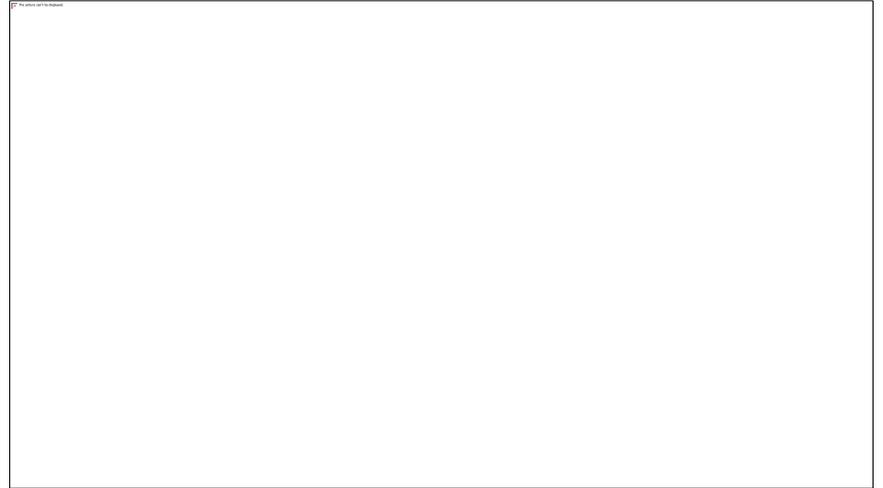
Vision



The 10 Things to do to be unhealthy

1. Ignore your doctor's orders
2. Don't eat fruits and vegetables
3. Don't sleep regularly
4. Don't have any friends
5. Don't take your prescribed medications
6. Try to do everything at once instead of making small changes
7. Take supplements instead of eating good food
8. Don't feel grateful for anything
9. Don't eat 5 meals a day, but gorge regularly
10. Don't exercise daily

People with disabilities need to feel safe and need a place where they can challenge their bodies and get real results.

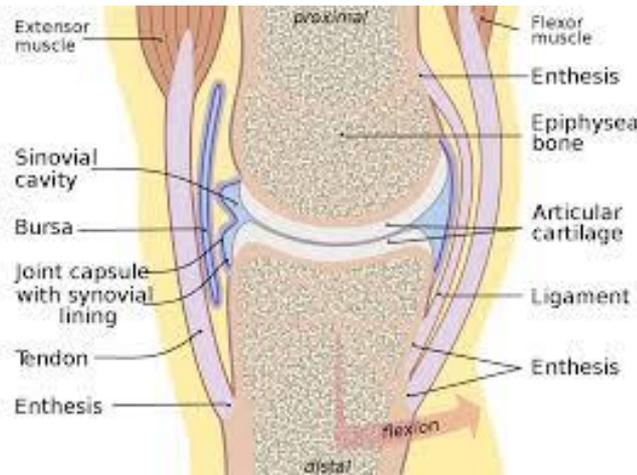
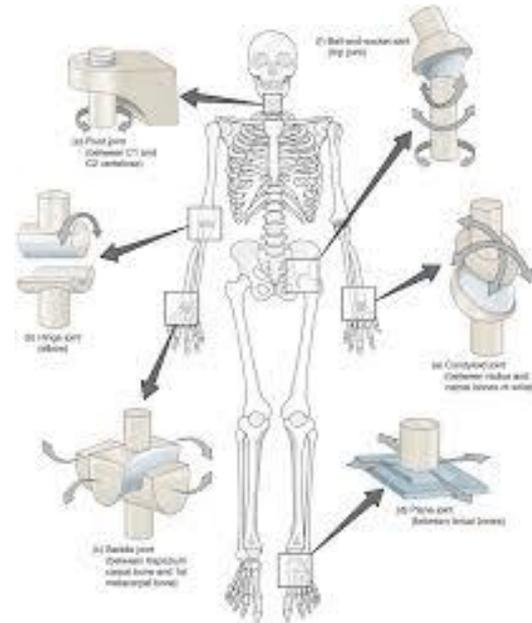


Handicapped accessible

We have a lift, very kind stairs, flotation devices and extra help on your first few classes.



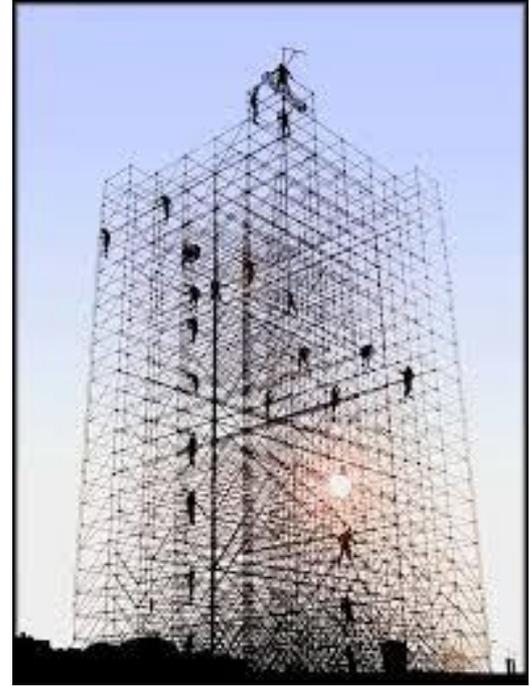
Gentle on Joints



Do all your prescribed exercises in the pool.



Supports Your Body



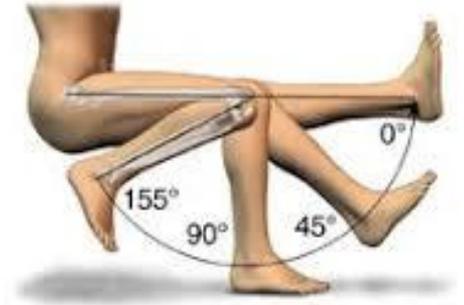
You don't need to wear a brace to do your movements.



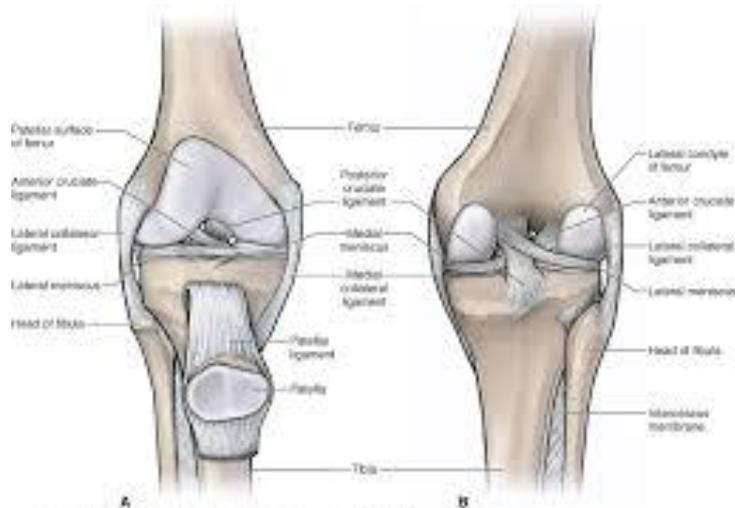
We can move through full range of motion.



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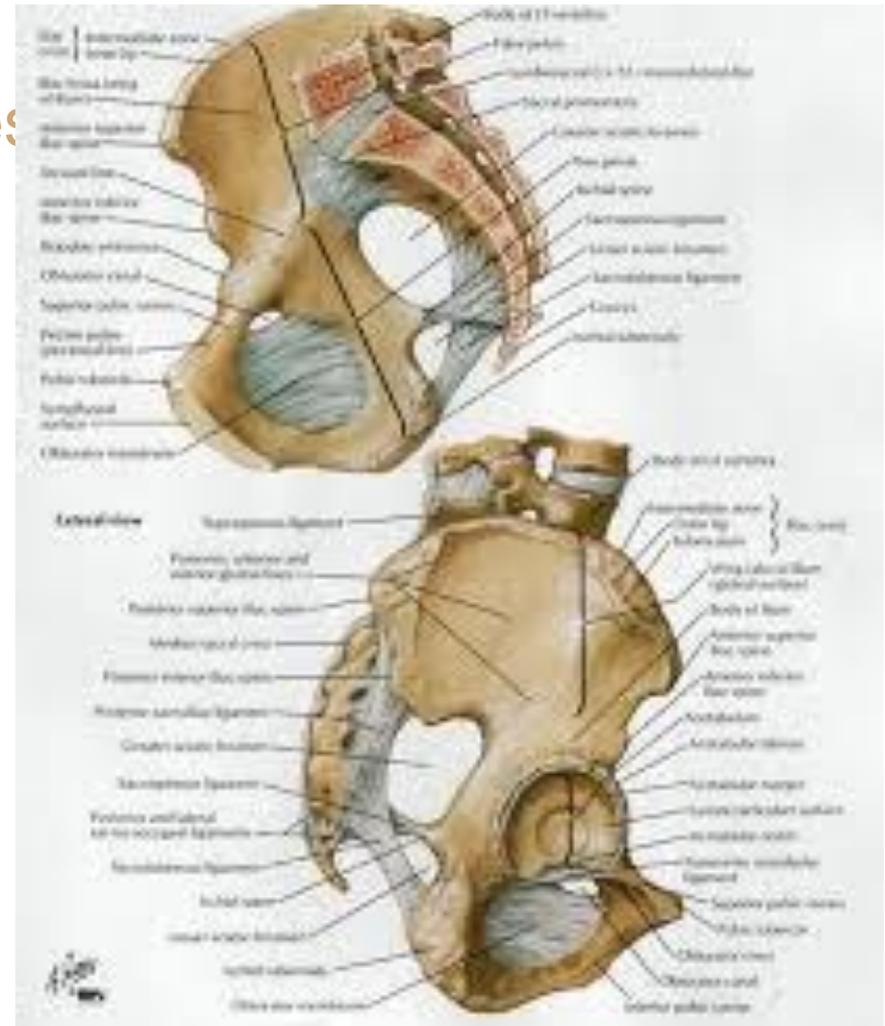


Every movement works muscles on both sides of your joint.

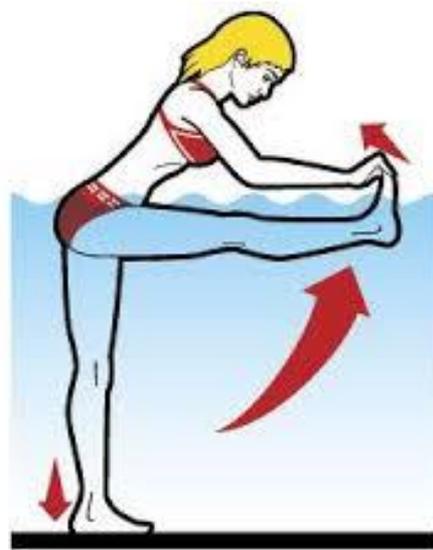
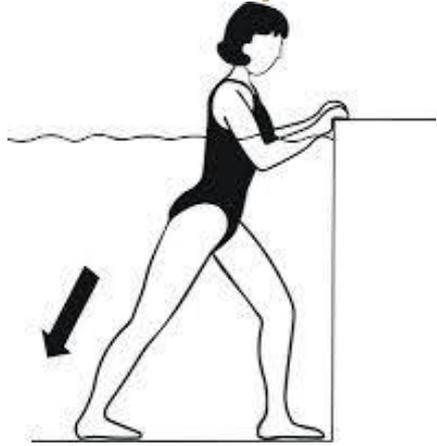


Source: <http://www.khanacademy.org/a/khan-academy-explains-the-knee-and-its-components>

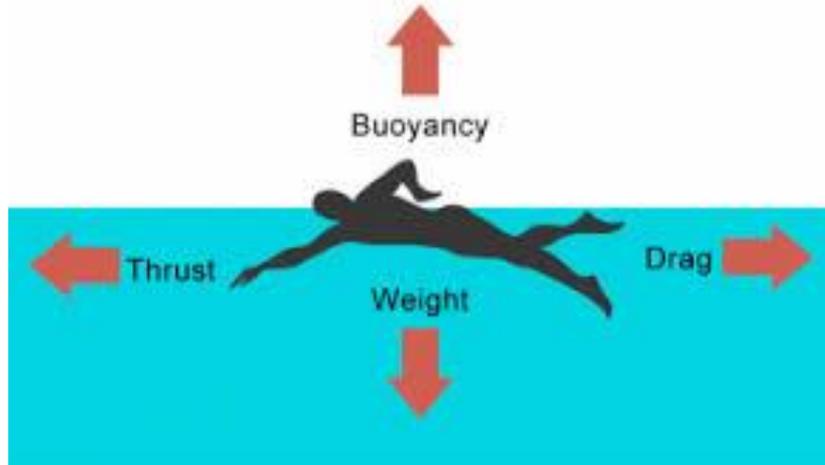
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We can stretch everything and help you gain mobility in a safe environment. If you fall, it doesn't hurt.



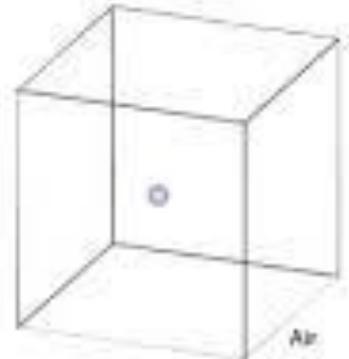
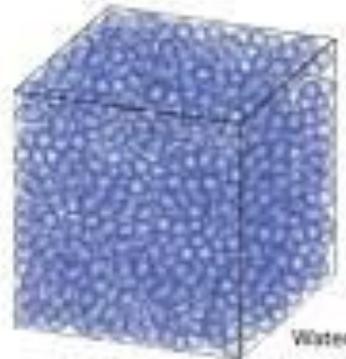
Resistance Everywhere



Water is more dense than air.



Water is 832 times denser than air.
That means water can capture and channel more energy per unit volume than air.



Comforting & Buoyant



It's like a big hug.



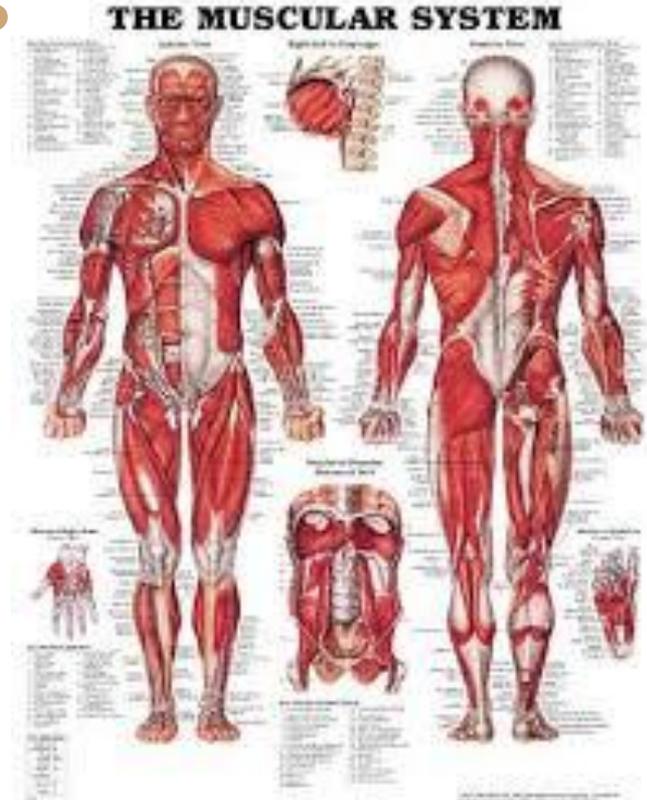
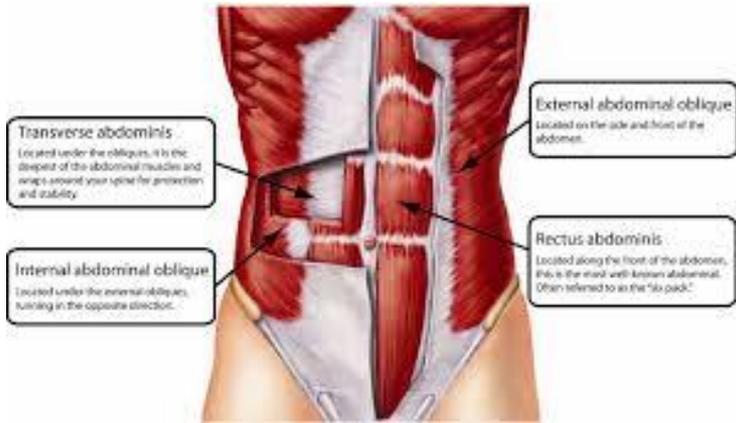
You develop brain and body awareness in a safe place where you can't be hurt.



Work Every Muscle



Your core gets stronger because we use it during every exercise



Boys add extra
resistance when you are
ready.



You only do
what you can do.



Great social interaction while
you get your work done.



Amazing Workout



Where?

www.aquamotionfun.com

Shamel Pool

Overture Adult Apartments

Book offer on Amazon

