

Title:

Aquatic Fitness The Move To Water Exercise

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891

Summary:

At the Canyon Ranch Health Resort in Tucson, Ariz., guests find healing in the water. The resort

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Keywords:

water exercise equipment, exercise equipment for the pool, water exercise, aquatic fitness

Article Body:

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"Water is the wave of the future," said Karma Kientzler, an aquatic therapy expert and outside

The Aquatrend, a scientifically designed piece of stainless steel equipment, was installed at

For the physically challenged or non-swimmer, water exercise is safe because there is always s

On the flip side, those who are more fit or who are interested in the resistance benefits from

'The Value of Aquatic Exercise'

According to the Aquatic Exercise Association, Aquatic fitness is defined as activities perfor

Here's how it works... and why it works. Water buffers the body from gravity and makes a perso

Researchers tell us that exercise injuries are usually related to impact. Every time a person'

Aquatics: 'Hard to Resist'

Mike Jandzen, Aquatics Director at the Sea Colony Resort in Bethany Beach, Delaware, who is re

"Over the past several years we've seen aquatics becoming the exercise vehicle of choice," he

Every time a person gets into the pool, he or she is losing weight from the resistance that wa

A quality Water Workout Station provides Body Sculpting exercises, including standing squats,

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