

Health & Beauty

Just Relax

(NAPSA)—After a vigorous workout, most people just shower and run—perhaps a consequence of going to the gym during lunch hour. Now, however, experts say relaxing in a hot tub for a few minutes before and after your workout can help you get more out of your gym time.



Relaxing in a hot tub can be as much a part of a workout as rowing on the machine.

Scheduling some soak time can be beneficial before and after you exercise. Soaking in a hot tub before exercising relaxes your body and loosens muscles, making exercise easier and reducing the risk of injury.

Afterwards, the hot swirling waters of the whirlpool massage your joints and muscles, keeping them loose and preventing stiffness the next day, so you won't miss a workout.

With all of today's options, it's easy to take relaxation home with you. At www.lucite.com, you can browse the many shapes, sizes and colors of whirlpool baths and spas from leading manufacturers, so you'll get the style you want backed by the quality and durability of Lucite® acrylic.