



## **Fitness Facts**

# **Make Waves In Your Workout**

(NAPSA)—Fitness experts say water creates an ideal exercise environment. While submerged, body weight is reduced by 90 percent, and the resulting buoyancy alleviates pressure on the joints while increasing flexibility.



**The benefits of water have made a new kind of splash with health conscious Americans.**

Water-based activities have long been used for rehabilitative purposes, from athletes recovering from injury to arthritis sufferers searching for pain relief. In fact, the Arthritis Foundation recommends exercising in water to alleviate the pain and stiffness that is associated with this affliction.

Home water-based gyms can help alleviate boredom and provide numerous exercise variations to keep routines fresh and motivating. The Maxxus spa from Sundance, for example, provides a comprehensive work-out and complete training program, utilizing water resistance and specifically designed attachments, called SunSport AquaFlex Equipment, to stretch, strengthen and tone the entire body.

The AquaFlex Equipment consists of hand paddles, cars and resistive cords which can be configured in a variety of ways to produce desired results for arm, shoulder, leg, back and abdominal muscles.

For many people, however, the best part of working out with the machine is finishing—the gym doubles as a spa.

For more information, visit [www.sundancespas.com](http://www.sundancespas.com).