

POOL NEWS

"Thermo Aquatic Exercise = Warm Water Therapy =

Unparelled Health Benefits"

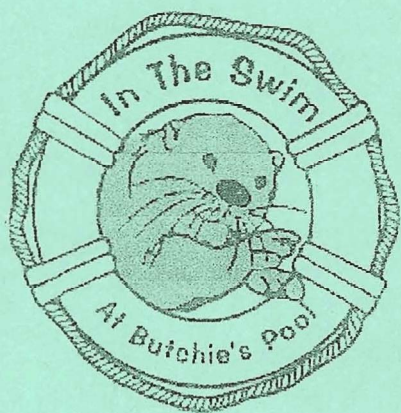
BUTCHIE'S POOL

Water Wellness Facts

- ✓ Aqua Aerobics has long been recognized for it's exercise benefits.
- ✓ Modern Research has proven what mankind has known through out the ages.
 - ☛ Warm water relaxes, rejuvenates and rehabilitates the body.

Some of the numerous benefits of warm water therapy include but are not limited to:

- ◆ Gain overall strength, endurance, mobility, and function.
- ◆ Promotes cardiovascular fitness. Increases blood circulation to deliver oxygen and nutrients plus waste removal to the muscles.
- ◆ Great for maintaining or increasing range of motion.
- ◆ Reduce impact (jarring or pounding) on joints and bones.
- ◆ Maintain or increase strength of bones.
- ◆ Increase strength and flexibility in the muscles and ligaments surrounding the joints
- ◆ Decrease the pain and require less pain medication.
- ◆ Relieves stress.
- ◆ Benefits seniors, children, and anyone in between
- ◆ It just plain feels good!!



COME AND SEE WHAT BUTCHIE'S POOL CAN DO FOR YOU.



The Pool With A Heart

