

AquaStretch & Fitness Training

There are six major reasons why athletic trainers, personal trainers, yoga instructors and others who provide fitness training should know how AquaStretch may benefit their clients. A/S may:

1. **Restore Flexibility** lost from prior accidents, surgeries, or sports injuries.
2. **Decrease Muscle Soreness** due to intense physical training or excessive workouts.
3. **Increase Training Efficiency** by decreasing recovery time from workout soreness.
4. **Help Get “Loose”** before competition because of A/S’s profound relaxation benefit.
5. **Improve Sports Performance** by restoring systemic flexibility and reducing pain.
6. **Improve General Well Being** by reducing chronic aches & pains, and improving sleep.

AquaStretch May Restore Flexibility: When athletes or dancers get hurt, they often start using their injured body before it heals properly. If an ankle injury takes 4 weeks to heal, they often exercise, train, compete, or perform after one week. This may result in healing improperly, with connective tissue (fascia, muscles,) excessively calcifying (fascial adhesions), causing a decrease in flexibility and/or pain on movement. A/S often immediately (1st session) and dramatically (>60%) resolves fascial adhesions, even if they formed after accidents or surgeries years ago.

AquaStretch May Decrease Muscle Soreness: Many people experience muscle soreness after workouts, whether they are experienced athletes doing intense training, or beginners who do too much, too soon. Reducing this soreness may motivate some clients to continue their fitness training or yoga classes, and may allow the client to feel the benefit of their exercise more significantly. Consider using AquaStretch immediately after exercising to reduce soreness, i.e. from grade 3/4 to 1/2 pain. And consider A/S before training, and especially before stretching classes like yoga, to reduce the future intensity of that soreness and to prevent client dropouts.

AquaStretch May Increase Training Efficiency: AquaStretch may also significantly decrease the recovery time after intense or excessive exercise. For example, following intense weight training, a client may experience soreness for 48 hours; with A/S, it may reduce to 12-14 hours. This may allow weight training every other day, rather than every third day, and may be an important quality of life improvement for professional and serious amateur athletes.

AquaStretch May Help People Get “Loose”: A/S may immediately and dramatically create profound relaxation that helps you literally feel “loose”. It is important to understand that the physical presence of fascial adhesions may prevent a person from being able to relax or get loose, or from being able to get their body into a comfortable position when they sleep at night. If your client says they can’t relax or get loose, have them try AquaStretch once.

AquaStretch May Improve Sports Performance: Because A/S restores flexibility, creates systemic relaxation, and reduces chronic movement pain, after AquaStretch, clients routinely report they run and perform “effortlessly”, they are more relaxed while competing, they can drive their golf balls 20 to 30 yards further, they decreased their 1/2 marathon times by 5 minutes, etc. Some athletes and dancers get AquaStretch “tune-ups” the day before competitions or auditions.

AquaStretch May Improve General Well Being: Clients frequently say AquaStretch reduces chronic aches & pains, and helps improve sleep. Physiologically A/S may help improve systemic vascular and neurological functions that may increase health and energy in many ways. Psychologically AquaStretch often creates a general sense of well being that motivates people to start other wellness activities like diet & exercise – they become “addicted to health.”

