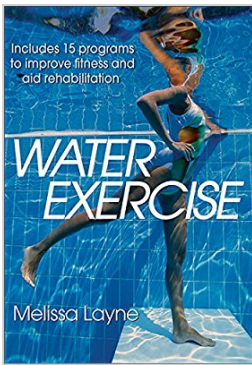


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By *Melissa Layne*

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Looking for exercises to improve your fitness, maximize your cross-training, or recover from an injury or condition—all with little or no impact? *Water Exercise* is your complete resource for fitness and rehabilitation exercises.

Water workouts are a fabulous way to exercise, no matter your current fitness level. *Water Exercise* allows personalization of each workout plan: You can change the speed, intensity, or amount of rest based on your needs. *Water Exercise* is ideal for cross-training workouts and beginning to advanced fitness workouts. It will also help you recover from injury or manage a chronic condition. With underwater photos and simple instructions for each exercise, you will learn fun exercises in *Water Exercise* you can do in shallow or deep water. You'll also learn how to use optional equipment such as foam noodles and water buoys to strengthen muscles and improve flexibility.

Exercising in the water is effective because it offers a range of therapeutic and health benefits yet still improves all the components of fitness that you get from land exercise—with no impact. With just a pool and a swimsuit, you can strengthen, rehabilitate, and add variety to your workouts with *Water Exercise*.

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"Melissa Layne is the highest caliber of educator in aquatics. Her intellectual curiosity, down-to-earth approach, and love of water exercise will fill every reader with contagious enthusiasm for the world of aquatic fitness."

Sara Kooperman, JD-- CEO, SCW Fitness Education, CEO, WATERinMOTION

"Melissa Layne's wonderful book will help you enjoy the many physical and mental health benefits of aquatic fitness!"

Lawrence Biscontin-- Fitness and Wellness Consultant, Author, Speaker

"Water Exercise is the ideal resource to help you get the most out of your workout!"

Todd Galati-- American Council on Exercise

"Water Exercise is a must-read whether you're looking for advice about a great aerobic workout or an activity to manage a chronic diseases and joint or muscle pain."

Shannon Fable-- Director of Exercise Programming, Anytime Fitness

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