



# Achieving Your **WEIGHT-LOSS GOALS**

## Through Aquatic Exercise

DR. RICK MCAVOY PT, DPT, CSCS

### **INSIDE**

Exciting weight-loss testimonials and a plan of action to achieve your weight-loss goals!

Learn how the buoyancy of water can transform your weight-loss program today!

# Pain and Injury

Pain and Injury are the primary reasons for discontinuing attempts at a weight-loss exercise program.

## 14 POUNDS

Water's buoyancy virtually eliminates the effects of gravity – supporting 90 percent of the body's weight for reduced impact and greater flexibility. For example, a 140 lb person weighs only 14 lbs in the water. Water acts as a cushion for the body's weight-bearing joints, reducing stress on muscles, tendons and ligaments. As a result, aquatic workouts are low impact and can greatly reduce the injury and strain common to most land-based exercises.<sup>1</sup>



## WEIGHT LOSS

Water is a great way to help you start on your road to successful weight loss. You can lose as much weight and body fat participating in water exercises as you can by exercising on land. Plus you don't have the high impact on joints that land exercise entails.<sup>3</sup>

## Privacy of the water

If you hate the idea of jumping around in a room full of people in tight gym clothes, exercising in water is a great alternative. 90% of those asked, preferred aquatic exercise over traditional land-based exercise.<sup>4</sup>

## IMPROVE

Experts have continually shown that water exercise improves flexibility, muscle tone, muscular balance, endurance, and the body's circulation. A consistent water exercise program helps the heart muscle to become stronger and aids in the ability to maintain an appropriate weight.<sup>3</sup>

## Losing 10 = 40

Swimming is now recognized as one of the biggest calorie burners around, and it's great for keeping weight under control.

A 2005 study in *Arthritis & Rheumatism* of overweight and obese adults with knee osteoarthritis found that losing one pound of weight resulted in four pounds of pressure being removed from the knees. In other words, losing just 10 pounds would relieve 40 pounds of pressure from your knees.<sup>2</sup>

## everyone

“One of the best things that I like about the water is it's a very forgiving medium. Everyone, no matter what their age or fitness level, can exercise in the water.” ~ DR. RICK MCAVOY PT, DPT, CSCS

<sup>1</sup> [Health.howstuffworks.com/wellness/aging/retirement/10-health-benefits-of-swimming.htm](http://Health.howstuffworks.com/wellness/aging/retirement/10-health-benefits-of-swimming.htm)

<sup>2</sup> Arthritis Foundation, [arthritis.org](http://arthritis.org)

<sup>3</sup> <http://www.smarthealthywomen.com/8-benefits-of-aquatic-exercise/>



# Achieving Your Weight-loss Goals

**Where to Begin** If you're like so many Americans, maintaining and achieving weight-loss goals is a constant struggle. Whether you're suffering from a health related condition or considered at-risk, a sedentary lifestyle is often associated with, or can lead to, a decreased quality of life.

**Proper weight management with physical exercise and diet is easier said than done, but we have hope for you, and a treatment solution.**

If you're struggling with your weight, there's promising research that shows exercising and walking in warm water can offer considerable benefits. Water exercise can help reduce fatigue and pressure on joints, soothe aches, help with balance, and

improve your function, mobility, and flexibility, allowing you to experience an overall better quality of life and well-being. If your weight-loss issues stem from pain or injury, then consider the success found with water exercise programs.

We understand that pain, frustration, and a risk of injuries may be keeping you from exploring exercise options. That's one of the reasons Master Spas has developed the Michael Phelps Signature Swim Spas. This aquatic exercise tool will help you improve strength and relieve pain to achieve your weight-loss goals and better your physical condition. This is something you can now do from the privacy and convenience of your home.





It's fun to get together with friends and family in a Michael Phelps Swim Spa by Master Spas.

## Providing Hope

When you avoid activities and succumb to a sedentary lifestyle, you limit the use of your joints and muscles which can increase pain, and sometimes lead to depression and increased weight issues. Over time, your muscles can weaken and the joints and muscles can lose flexibility (or range of motion). Inactivity also can shorten and tighten muscles, causing you to feel more pain and stiffness – not only keeping you from exercising, but also from every day activities, which in turn makes maintaining and controlling weight more difficult.

With regular exercise, you keep joints moving, reduce joint pain, restore and preserve strength and flexibility, and protect joints against further damage. Exercise can also: improve your coordination and endurance; improve your ability to perform daily tasks like walk and climb stairs; increase energy; reduce fatigue; improve sleep; and lead to an improved sense of self-esteem and accomplishment.

If you have found different land-based exercise programs unsuccessful for your weight loss or management, consider exploring the benefits of water exercise (also known as aquatic therapy or hydrotherapy).

Anyone, no matter the age, weight, or fitness level, can participate and benefit from water exercise. In fact, because water provides a natural form of resistance for your body, almost any movement you perform in the water burns calories.

According to MayoClinic.com, the more you weigh, the more calories you'll burn doing water exercise. For example, a 240 pound person burns about 600 calories per hour doing water aerobics, while a

“Because of the accommodating resistance in water, the more you move, the harder the water pushes back. This forces your muscles to work harder, helping you burn fat and tone muscles quicker than land-based exercise programs.”



200 pound person burns about 500 calories performing water aerobic exercise for the same duration.

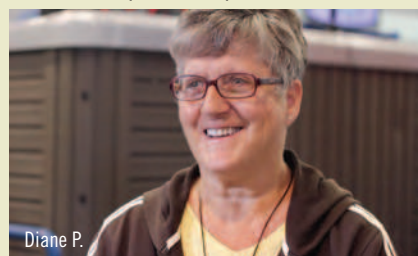
## Land vs. Water

Exercising and training in water provides an ideal, forgiving environment for losing weight. By using the natural resistance and buoyancy of water, you can increase muscle strength and range of motion in a safer environment, perform exercises without the impact forces from land-based treatments, and gradually increase to higher level training without adding stress to an injury. This is something land-based training cannot successfully offer.

Because of the accommodating resistance in water, the more you move, the harder the water pushes back. This forces your muscles to work harder, helping you burn fat and tone muscles quicker than land-based exercise programs.

Buoyancy counteracts gravity, thereby decreasing the weight placed on painful joints and the spine. In fact, when immersed to neck level, buoyancy supports 90 percent of the body's weight, and in waist-deep water, buoyancy can support 50 percent of your body weight. Diminished weight bearing stress is one of the many advantages of exercising in water, allowing you to strengthen weak muscles and improve balance and confidence.

Michael Phelps Swim Spa user



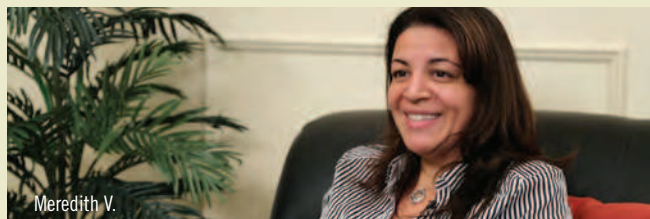
“ I had been the primary caregiver for my husband suffering from cancer until his death in 2013. During that time, my own health was deteriorating and I became overweight. Since the loss of my husband, I decided to do something about it and my doctor suggested warm water exercise for my health issues and for weight loss. When I heard about Michael Phelps Swim Spas by Master Spas, I knew that was the perfect thing for me.

In the last nine months, I have lost 55 pounds and feel wonderful! Water exercise is the answer to what I was looking for in my journey to find something beneficial for my body. I jog, jump, paddle, and do core and arm exercises, but the whirlpool jets are my favorite. It feels like getting a massage – it's like a fantasy world!

Besides the weight loss, I feel better, I have more energy and I just want to go, go, go! It's unbelievable! People notice, it's had such an impact on my attitude, I have more confidence and it affects my general everyday living.

I'm so thankful and highly recommend water exercise and the swim spa for anyone who has weight or health issues.”

- Diane P., Saco, Maine



“ I work full time and am a busy mother of three. I also suffer from rheumatoid arthritis. As I got older and after the birth of three kids, I gained more than 100 pounds that I never really took off again. One day I noticed how out-of-breath I was playing with my kids and I couldn't keep up with them. Then I saw a picture of myself and asked my husband if that's what I really looked like. Of course, my wonderful husband said it was a good picture of me. I decided then, I had to do something.

With rheumatoid arthritis, the cold tightens muscles and causes pain and the more you weigh the more joint pain you experience. Every morning was a struggle. I tried to walk on a treadmill but my feet would burn and I would max out at a 15 minute workout. I knew the only way to accomplish my weight-loss goals was to get in the water and I needed to get a Michael Phelps Swim Spa in my backyard.

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It's not like having a membership where you have to drive, day or night, to workout. And when you're going through a weight-loss transformation, you don't want to wear a bathing suit in a public place! With the swim spa, I just go in my backyard, do what I want, when I want, as much as I want. I get in it all the time – I'm like a fish now. It feels great - I love it!

It's so much better than a pool in your backyard too, because you can use it all year-round, even when it's 10 degrees and snowing! My kids love to have their friends over and I'm in there exercising and spending time with them.

I've transformed from an out-of shape, overweight person (who used to be an athlete), to a person who got her life back. I lost over 100 pounds and I can't tell you everything it's given back to me. Before, I was a spectator in my children's lives and didn't realize it. By getting this swim spa I didn't just lose weight, it helped me gain my life and family back.”

- Meredith V., New York

Research studies that compared upper and lower body workouts performed on land versus in the water, showed that exercises performed in water created a higher energy output than on land. These studies also explained the benefits of water exercise where both the upper and lower body movements were combined in the water, utilizing full body movements thereby expending more energy and burning more calories.

A popular water exercise for weight-loss programs is aqua jogging, which simulates running in water and exerts full body motions. Unlike jogging on land, aqua jogging spares your joints of high impact, or the shock equivalent of three to six times your body weight that travels up your legs and into your spine every time your foot hits the pavement.

A 2010 study in the *Journal of Obesity* looked at the effects of aqua jogging in obese adults and concluded that subjects who performed jogging in the water had reduced their body fat and waist size, and improved their overall aerobic fitness and quality of life.

Exercising in warm water also raises your body temperature, causing blood vessels to dilate and increase circulation of blood in your body. This can ease joint pain and improve flexibility, as well as raise your heart rate to burn even more calories during your workout. In addition, the soothing temperature and buoyancy of warm water massages your body and helps relax tight muscles, also helping with general mental attitude and depression.





A popular water exercise for weight-loss programs is aqua jogging, which exerts full body motions.

Dr. Rick McAvoy, PT, DPT, CSCS, professor of hydrotherapy, has specialized in aquatic physical therapy for over 25 years and develops water based exercise, therapy, fitness, and training programs, utilizing the Michael Phelps Signature Swim Spa by Master Spas as a tool in his practice.

“I witness every day in my physical therapy and training practice the extraordinary power that water provides,” said McAvoy. “In the water, I’ve seen patient’s lives dramatically changed, not only from pain relief, but also for significant weight loss.”

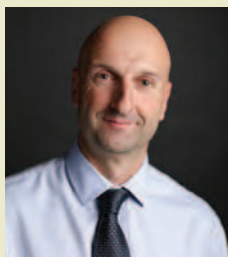
## The Solution

Master Spas is committed to helping you achieve your weight-loss goals, and improve your overall physical health and quality of life. We have designed specific aquatic exercise protocols to help you achieve your fitness goals. And, we’ve developed a swim spa with features to meet your specific needs, so you can utilize this therapy in the convenience and privacy of your own home, more often and year round, for better long-term outcomes.

Aquatic exercise offers hope to those who are struggling to maintain and lose weight, and we are striving to provide the best possible solutions, bringing together the best in the industry for you.

The Michael Phelps Signature Swim Spas by Master Spas were developed with input from 18-time gold medalist Michael Phelps and his coach Bob Bowman for all types of training, swimming, fitness programs and aquatic therapy. Wave Propulsion™ Technology features a unique propeller design that provides a wide, deep and smooth current — giving increased water resistance for a more challenging exercise and swimming experience that is far superior to any other swim spa. The speed of the water current is fully adjustable allowing users of varying skill levels to reap the benefits of the swim spa.

All Michael Phelps Swim Spas by Master Spas are energy efficient, easy to install and maintain, and offer exemplary features including the exclusive Xtreme Therapy Seat and Cove. Convenient digital controls allow you to set the water temperature where it’s most comfortable for you, which means the water is perfect, year-round.



Dr. Rick McAvoy, PT, DPT, CSCS has specialized in Aquatic Physical Therapy for over 25 years. He received his Physical Therapy degree from

the University of Connecticut and his clinical Doctorate in Physical Therapy from Franklin Pierce University in New Hampshire. Rick is certified as a Strength and Conditioning Specialist through the National Strength and Conditioning Association.

He has invented aquatic exercise equipment and developed exercise software which sells both nationally and internationally. He is a published author and researcher in the field of Aquatic Therapy and Conditioning.

Rick is the owner of McAvoy Aquatic & Sports Therapy, an aquatic therapy and sports conditioning facility in New Hampshire. He teaches the benefits of aquatic physical therapy and conditioning at both The University of New Hampshire in the Department of Kinesiology and Franklin Pierce University in the Doctoral of Physical Therapy program where he serves as an adjunct faculty member. He is a Master Instructor in the Burdenko Method, a specialized form of dynamic aquatic and land-based techniques.

Rick lectures nationally throughout the year teaching the benefits of Aquatic Therapy and Conditioning to health care practices and athletic institutions.



“As a Doctor of Physical Therapy as well as a Certified Strength and Conditioning Specialist who has specialized in Aquatic Therapy for over 25 years, I have treated numerous types of orthopedic and neurological conditions. I have witnessed first hand the power and potential that the water provides in assisting people to improve their physical as well as psychological well-being.

Whether your goal is to lose weight, improve flexibility, balance, your level of fitness or incorporate aquatic cross training into your existing fitness program, Master Spas swim spas are the perfect aquatic machine.”

- Dr. Rick McAvoy PT, DPT, CSCS



#### A NEW WAY TO EXERCISE.

Rick McAvoy, PT, DPT, CSCS and Professor of Hydrotherapy has authored an exercise program written exclusively for Master Spas swim spas. This program is designed specifically to help you get the most out of your swim spa and is presented in an easy-to-follow format.





Dr. Rick McAvoy using the Michael Phelps Swim Spas by Master Spas at the Michael Phelps Skill Center in Saco, Maine, to treat this patient through aquatic therapy.

## Getting it Done Together

Just like land-based exercise programs, people are turning to independent aquatic exercise and therapy and are looking for credible in-home exercise protocols. That's where we come in.

Dr. McAvoy has developed exercise programs exclusively designed for Master Spas to help you get the most out of your swim spa and give you step-by-step activities with the H2Xercise book that will specifically help you reach your goals to a better quality of life. We include the H2Xercise book with each swim spa, along with the H2Xercise System which includes a rowing kit, resistance bands, dumbbells and ankle fins to maximize your exercise and fitness results.\*



H2Xercise Bells and Fins.

## SwimNumber App (SNAPP)

Along with fitness equipment, Master Spas has also developed an innovative app for the Michael Phelps Swim Spa. Now, it's even easier to achieve your personal goals in swimming, fitness and weight loss.

Designed to work with the Michael Phelps Signature Swim Spas by Master Spas, the new SwimNumber™ App (SNAPP) is easy to use, customize, and operate as it literally takes over the Wave Propulsion™ System of the swim spa. It intuitively changes the speed of the water current at timed increments while you are swimming or exercising, to range from high-impact training conditions to slow cool-down speeds. Water speeds range from 0-100, so you can

\* FREE gift with the warranty registration of your swim spa.



A swimmer monitors his workout with the SwimNumber iPad App.

choose your personal level of resistance depending on your workout.

Not only can you design your own custom workouts, the app also features preprogrammed workouts at beginner, intermediate and advanced levels. Tracking fitness progress with metrics like distance, calories, time, etc. can be easily documented and stored. You can manage stored workouts for future reference, as well as share your results on social media or via email. This app can be custom tailored for up to 12 different users, with numerous workouts for each one.

In addition to the control/workout technology, Master Spas has also brought expert aquatic professionals to you through SNAPP. When you connect SNAPP to your swim spa, you will receive access to videos that feature input from Bob Bowman, world-renowned swimming coach for 18-time gold medalist Michael Phelps. The videos also include instruction by aquatic fitness expert Dr. Rick McAvoy, as well as triathletes demonstrating toning and body building exercises.

SNAPP works only with 2014 or later Michael Phelps Signature Swim Spas by Master Spas and connects either point-to-point directly with the swim spa's sophisticated equipment, home Wi-Fi network, or even the Cloud. The Cloud allows you to connect to the swim spa from anywhere in the world with Internet access.

With an optional waterproof case and a heavy-duty smart device mount, you can position your iPad or iPad mini conveniently in your swim spa for a workout. SNAPP is available to download through the Apple App Store.

## Michael Phelps Swim Spas by Master Spas

**It's the perfect temperature year-round.** Developed by the World's leading swim spa manufacturer, with input from 18-time gold medalist Michael Phelps and his coach Bob Bowman, the Michael Phelps Swim Spas by Master Spas were designed to meet a broad range of health and wellness needs.

It's important to feel comfortable, safe and confident that you are getting the outcomes you expect. The large flat floor of the Michael Phelps Swim Spa by Master Spas allows for walking, functional resistance training and range of motion exercises to be performed with ease. The built-in railings are a great feature to perform stationary exercises or assist with balance and coordination exercises. The Wave Propulsion™ System provides a smooth current that can provide an added challenge if needed. The water's buoyancy and controlled temperature make the swim spa ideal for a variety of fitness exercises.

There's hope for those who need a solution to meet their weight-loss goals, and proof is as simple as walking in water. Contact Master Spas today and we'll help you find the best solution.

NOTE: If you have any medical conditions, consult your physician prior to starting a new exercise program.  
REMINDER: Never allow anyone to dive into a swim spa. Always enter feet first.





# MICHAEL PHELPS SIGNATURE SWIM SPAS

by  MASTER SPAS®

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OFFICIAL SUPPLIER



International Hot Tub  
Innovations



**Master Spas** is based in Fort Wayne, Indiana, 90 miles north of Indianapolis. Operating out of a state-of-the-art 27-acre manufacturing campus, we are the largest swim spa manufacturer in the world, and one of the largest portable spas and hot tubs manufacturers in the country. Our management team has over 100 years of spa manufacturing success, and one of the strongest track records in the industry.

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