



Water Fitness After 40

Ruth Sova

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Do you want to learn a safe and effective way of exercising that will help you live a longer, more energetic and independent life? Let internationally renowned aquatic fitness expert Ruth Sova show you how. Inside you'll find water activities that will help you slow the effects of aging; improve how you feel and look; safely increase your heart rate during exercise; speed up your metabolism, so you'll burn calories faster; enhance strength, flexibility, and endurance; gain more energy and vigor to enjoy other activities; and have fun exercising like you never thought you could! And with 69 illustrations of water exercises, as well as goal charts and exercise logs that you can use over and over, you can create a program tailor-made for you. Water Fitness After 40 shows you an exciting, convenient way to get in shape and stay fit for a lifetime.

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