

THERMAL GEAR



WaterART Thermal Vest

Neoprene thermal vest with strong Zipper.
Note to effectively act as a second skin, you need to have the vest fit tight as you shrink about 1-2' due to the hydrostatic pressure of the water.

Sizing is unisex

C = fullest part of chest in inches

L = zipper length in inches

Please check Sizing Carefully

- ✓ **Size 2XL 53"- 55" x 21"**
- ✓ **Size XL - 49"-51" x 20"**
- ✓ **Size L 45- 48 "x 18.5"**,
- ✓ **Size M - 40"-44" x 18"**,
- ✓ **Size S 36-39" x 17"**,
- ✓ **Size XS 33"-35 " x 15.5"**
- ✓ **Size XXS 30-32 " X 15.0**

MITTS

The primary purpose of a mitt is to aid in balance and body support. The secondary purpose is for upper body resistance. By increasing the surface area of the arms, the body is more balanced with the surface area of the legs. **SIZING** – small, medium, large. It is not important if the fingers stick in and out of the mitts; however, the width should be adequate so there is no circulation cut off.

THERMAL VEST

Thermal regulation is the ability to maintain the body's core temperature based on external factors such as the temperature of the air and water, the client's clothing, body composition, medication and hydration level.

Thermal regulation may be the most important consideration when trying to attract new clients to a pool program. Few people enjoy being cold and/or shivering. Optimize the environment by managing your program's activities and encouraging the participants to dress to stay warm (i.e., add a thermal vest or polyester shirt, capris or leggings or short pants). This will help them to stay comfortable in the water so that they may enjoy and, more importantly, return to a program. Vests should fit snug so that it is your second skin.

THERMAL REGULATION BLUEPRINT

Provide the opportunity for your participants to keep warm and comfortable throughout the entire workout. In pool temperatures below 27 C you will have to provide more thermal cardio sets. Note that cold water accentuates pain and suffering. Therefore it is critical that your patrons stay warm and "happy". Additionally, cold stimulates the hypothalamus that is your appetite control centre. Often you "eat" more when you get cold.

Often we can not adjust the temperature of the pool or air temperature; so we must encourage our patrons to dress for success with layered clothing.

WaterART also offers long sleeve water wear as well as capri's, leggings, shorts. We specialize in 100% polyester wear – so that your products last the test of time. We also are proud to accommodate many sizes. All apparel is available from size XXS – through XXL.

HOW TO CARE FOR PRODUCTS

Neoprene and 100% polyester fabrics dry quickly and resist odour because of the built-in ventilation. However, you will need to **RINSE IT OUT** your water wear after each workout because of the harsh and corrosive pool chemicals. Use a little soap in your shower and rinse your clothes in your shower and then hang everything to dry. Should your environment be humid, you may need to put in the dryer on low heat for a few minutes.