

# Success Story

Louis T Faison III



## How WaterART Exercise Has Changed my Life

My name is Louis T Faison III, a native from Norfolk Virginia and I'm a Citadel graduate from The Military College of South Carolina, with a Bachelor's Science Degree, in Health & Wellness. I've been a Certified WaterART Instructor since March 2003. I saw Water Aerobics for the first time as a Pool attendant, at The Harper Student Center, in Charleston South Carolina at (MUSC) Medical University Of South Carolina. At first I had no idea, what benefits it had and how it would lead me into my Fitness Career as a Fitness Professional. It wasn't until I became certified and began teaching that I learned, water exercise had endless benefits. Water exercise helped me to increase muscle strength, improve my flexibility, alleviate stress on joints, and build my endurance through water training. This is why I love to workout in water to utilize the resistance, that's 12-14 times greater than land training. Water exercise helps me to recovery from various activities that I participant in. My top five water fitness exercises are jumping jacks, cross country ski, the rocking horse, balancing on a noodle with one or two legs and the pendulum side to side. These five exercises help me maintain my ankle, core and hip stability to prevent injuries while keeping my body in motion.

As a WaterART Instructor my journey began as an amateur, but it wasn't until after my very first class, that I became eager to really understand the science and philosophy of WaterART. I began gaining more knowledge by referring back to my resources including the Videos, Workshop Binder, Workshop Handouts, notes, and got a better understanding with how to teach a diverse program. Then I designed a blueprint for my class with the specialized Working and Body Positions and allowed everyone to work at their personal best intensity. The original shallow H2O working positions were extended, neutral, rebound and suspended and then they added modified rebound and modified suspended (I think because patrons became even more diverse in skills and fitness levels). I love the emphasis on posture and form. I have my students find neutral body position by standing with your back against the wall and they find the natural elongation by pressing the spine towards the wall. Most people have learned poor posture so this is an easy way to find "proper" posture.

I've devoted a lot of time and energy to understanding the principle of WaterART Fitness. Now I'm able to teach many types of programs including Shallow or Deep Classes. People often ask me what keeps me going these days. I just tell them my motto "Good Better Best, Never Let It Rest, Until Your Good Is Better & Your Better Is Best." Unknown I currently work for the Military, as a Fitness and Recreation Specialist at Wallops Island in Eastern Shore Virginia. At Wallops Island, I teach three types of fitness classes; Functional Fitness, Yoga Flow, and TaeKwonAqua mainly to Military and their Spouses.

My newest adventure in life is dancing. I'm on a Dance Team called Bachata Vida with The Mambo Room in Norfolk Virginia and we travel around the world, showcasing our Dance routine. The Performance can be viewed on YouTube "LA Bachata Festival 2016 The Mambo Room". We have raised 22,341 via <http://www.mamboroomdanceathon.com/>. Thanks for helping me to enjoy and learn from WaterART - and pass my energy forward!