

# Success Stories

## THE HEALING WATERS

### The Healing Powers of Water



Lydia Linton Pontius' educational background is in psychology and sociology. She spent years working in mental health facilities and therapeutic foster care and is also a Documentary Producer, specialized in Award-Winning Mental Health Documentaries. Her love for the water and its therapeutic value steered her to WaterART Fitness International. She combined her in-depth training with her understanding of people to teach and motivate.

Lydia has first-hand knowledge of the healing powers of water. She personally rehabbed bilateral frozen shoulders at a local Mt. Pleasant recreation pool. While taking classes, she was approached by the aquatics director and asked if she would be willing to teach swimming. Living in South Carolina's "Low Country" with water everywhere, the importance of learning to swim is imperative. That was where it all began.

Lydia now teaches a variety of water fitness classes from gentle arthritis classes to high energy, advanced calorie burning classes. She works one on one with clients of all ages. Currently her youngest student is less than a year old and her oldest is in her 90s.

Lydia currently holds 4 WaterART Certifications: Instructor; Personal Trainer; Arthritis; and Rehabilitation Specialist). She is looking forward to a trip to Akumal, Mexico, this November where she will get her 5th WaterArt Certification, Shape Up and Water Train, and become a Master Trainer. Having recently lost about 30 pounds by combining her water fitness classes with good nutritional choices, she hopes to encourage and help others to do the same. At 56 she has never felt better!

In addition to her water fitness classes and swim lessons, Lydia publishes and writes for her husband's internet business, a travel site that focuses on the Yucatan Peninsula of Mexico. She also arranges small group trips to the area and will be coordinating WaterART's 4th trip to Akumal this November. Check out her website at [www.waterfitnessandswim.com](http://www.waterfitnessandswim.com)

### Water Fitness – A Lifeline for Lu Royce in California

"Pop" was the last thing I heard when my left heel slipped off the last step onto a red brick patio. Slow motion was the last thing I felt as I went down and hit my head. When I came to there was no pain so I thought all was well. That was until I lifted my left leg to see my foot dangling. I didn't have a cell phone and I was alone on 3 1/2 acres with no neighbors to hear me yell for help. I kept saying out loud, "don't pass out," over and over as I bottom-scooted backwards up the stairs, watching and hearing my foot bang against the four stairs. I dragged myself into the house and was now 50 feet away from the phone to call the emergency number.

By day, I am a Public School Teacher, and by evening and summer, a Red Cross Lifeguard Instructor, Swim Instructor, CPR and First Aid Instructor, Yoga Instructor, and WaterArt Aerobics Instructor. EVERYTHING STOPPED ABRUPTLY!

One surgery, a plate, six screws, and a cast later, my active life became a monotonous day-after-day schedule of going from couch to bed. Ten weeks went by slowly. Then, finally, the doctor released me to teach at school in a wheelchair, and teach at the pool swimming and water aerobics, as long as I promised not to put pressure on the cast. I purchased the best water-tight cast cover I could and hit the water.

I was hopping on the good leg and doing the movements with the broken ankle and leg with no rebounding. The three hours I spent in the pool were an escape. The buoyancy, the camaraderie, the movement, and the WaterART fitness training (especially the Arthritis training I was recertifying in) were paying off. The swelling subsided, the water massaged my legs, and my whole body and I were moving again, at least until I had to get out of pool and experience the drudgery of the crutches.

I heard a lady in the doctor's office ask about water therapy but the doctor said he never heard of it. I wanted to shout to her, "yes, yes, get in that water!" but that would have been rude since it was a private conversation. However, I did tell the doctor, who in turn shrugged me off! So sad... we need to shout from the hills the benefits of water aerobics and water therapy. It got me through this!

The cast is now off and the wheelchair has been returned. The boot is on now, and I am still using crutches and my walker, but I am "FREE" in the water. Thank you, WaterART Fitness – I feel alive again!



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