

Success Story



Thomas Shipman,
San Antonio Texas

Hello Aqua Fitness enthusiasts!!

My name is Thomas Shipman and I have been a WaterART Fitness Instructor since 2005! Getting this certification has made me realize that aquatic exercises (according to the WaterART methodology) is the truest, most profound, most versatile, most refreshing, and most forgiving "Fitness Savior" in the entire fitness industry. The aquatic exercise is the only exercise that will raise overall fitness, and wellness while giving you a natural massage. Because of the massaging quality of the water, an injured body as well as a fit/non injured, will experience an acceleration in healing. This healing massage property of water is made possible because of hydrostatic pressure, viscosity (water thickness) and buoyancy of the water. At the molecular level all three properties of water are acting on our skin, nerves and skeletal muscles. We would be well served to think of these water molecules as tiny massage therapist, who can never be matched, let alone out done by any massage therapist!!!!

Even though the water has a lot of healing, and fitness attributes, its massage action, is the quality that initially captivated me to pursue a career as a water fitness specialist! Why? Honestly, I have always loved getting high quality massages. However, I did not want to pay \$90 for a massage every time. After my first intense water workout back in 2005, I found the answer for my massage conundrum. After that workout, I slept better than a baby and none of my muscles were sore. I have a power lifting background, so I am use to being sore after every workout. When I was not sore, I was convinced that I was not training intensely enough in my water workouts, so I pushed harder on all of my subsequent water workouts, but I was equally as impressed as I was amazed, that the results were still the same! How can this be, I am training like Godzilla, and I feel energized, and not sore!!! At this point, I was convinced that I had found a element of training that raise my overall physical working capacity and heal me at the same time. At this juncture of experience, I was ready to give the water a final test, in the area of healing. The next week, I lifted heavy weights at World Gym, for 90 minutes. I squatted so hard and heavy that even the water wouldn't be able to take away and muscle soreness (so I thought).

Well after the heavy squat workout, I gave the water one final test, to prove how great a massage therapist "Mrs Aqua" was. I trained in the water for an hour after my weightlifting. This time my sleep was even deeper, I had multiple dreams that night, and I did not have any muscle soreness! Water proved itself to be the best massage therapist on the planet!!!! Please come to the pool to get your massages, because it is the best. The late Bob Hope received massages everyday and he attributed his longevity to them. However, to my knowledge he was not using Mrs. Aqua!!! Please give her a try!

I have tried her for over a decade, and I have been inspired to earn the following certifications through **WaterART**: Aquatic Sports Conditioning, Aquatic Arthritis Instructor, Aquatic Personal Training Specialist, Aquatic Post Rehabilitation Instructor and, most recently, Aquatic Running Instructor. I trinity at the Northside Natatorium in San Antonio, Texas! Please read the testimonial of one of my students named Meg:

To whom it may concern,

I started working with my personal trainer a year before I started my Water Fitness class with Thomas Shipman. I am 62 years old, lean and in relatively good shape however I am plagued by knee trouble in both knees. I see my trainer twice a week. She is very attentive to the limits of my torn meniscus and loss of cartilage. She does her best to challenge me and build strength without hurting me. However the almost constant pain or discomfort that I had in my knees, when I began training, continued during training. That is until the last few months.

Since beginning Thomas's class my knees have begun to feel significantly better. I attribute it solely to his class. I have been attending three times a week for the last seven months. I believe his guidance in technique and the challenges of water exercises have made all the difference. I think the strength I have developed in my quads has taken the pressure off my knees. I am now delightedly almost pain-free. Plus it is a perfect total body compliment to the workout with my personal trainer.

Thomas's class makes me happy! I am constantly challenged. It is always different. We deal with balance, strength, core and endurance. Plus it is fun! Thomas is knowledgeable and kind. I cannot say enough how grateful I am that I found his class. I think the work he does is exceptional.

Thank you.

Meg Langhorne

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