



Contact: Kim Marshall  
310.230.9678  
[kim@themarshallplan.com](mailto:kim@themarshallplan.com)

*“Not only does swimming slow down the aging process – by upwards of 20% in some cases – in terms of respiration, muscle mass, bone density, cardiovascular activity and neurological function, but there’s also evidence to suggest that it increases mental health and even spiritual and social health.”*

**Dr. Bruce Becker, Medical Director,  
St. Luke’s Rehabilitation Institute, Spokane Washington**

### **DIMENSION ONE SPAS UNDERWATER HOME GYM GARNERS INDUSTRY EXPERTS’ APPROVAL FOR OFFERING MULTI-TASKERS MULTI BENEFITS**

VISTA, CA – (August 2008) More efficient than a swimming pool, more sophisticated than a hot tub and safer than a backyard playground, Dimension One Spa’s revolutionary **Aquatic Fitness System®** is an aquatic workout wonder for the backyard. Unlike typical “swim spas,” the AFS is a true underwater gym, featuring built-in resistance cords and apparatuses for stretching, strengthening, lunging and rowing. Its water-current jets also create an excellent, aerobic environment for walking, running, or swimming.

Due to its remarkable full-body workouts, the AFS has been hailed by fitness experts as one of the most effective fitness products on the market, an effective tool for combating modern ills as depression, heart disease, diabetes, arthritis, obesity, back pain and sleep disorders, and providing a safe, effective prenatal workout option as well. Two experts have partnered with the AFS team to propel this groundbreaking innovation toward a higher level of fitness awareness, underscoring the fact that underwater workouts provide twice the workout in half the time:

● **Mary E. Sanders, Ph.D., Professor at the University of Nevada’s School of Medicine and Public Health, is known in fitness circles as the “water fitness guru.”** The research her team has done with groups of aquatic exercisers over the years underscores the fact that water can be used as a liquid weight machine with unique benefits. “Water’s buoyancy reduces impact and supports the body for increased range of motion,” she explains. “And, the natural resistance of water (the harder you press, the harder the water presses back) provides an individualized personal training environment. Water’s viscosity or “thickness” – being about 800 times greater than air – makes it an effective exercise environment in which to build muscular endurance. And using resistance tethers, like those featured in the AFS pool, provides additional core stabilization work.”

● **Derek Duke Nobel – creator of “Urban Fitness” on FitTV and author of *The Body Noble*, -- wholeheartedly recommends the AFS to all his clients as “one of the hottest new products in the home fitness industry.”** Derek’s highly coveted fitness programs are especially tailored for busy people, some of which include Michael J. Fox, John Cusack, John McEnroe and Maria Shriver. To maintain such high-profile fitness status, Derek subscribes to the best equipment and workout practices. “When I first saw this amazing piece of equipment, I knew it was

revolutionary. This is the kind of effective, cutting-edge equipment that clients expect top-of-the-line trainers to bring to them,” says Noble.

The line’s flagship model – the AquaFit® 19 Dual Temp – is the ultimate hybrid of fitness and hydrotherapy. This unique 19-foot high-tech product makes it possible to swim stationary laps; row for a robust upper body and arm workout; attach specially designed bands for resistance training; run or jog in place for cardiovascular conditioning – all in cooler water. Then when your routine is done, muscles can be soothed with a relaxing hydrotherapy body massage in the hot tub section of the pool. This watery workout is an ideal environment for low-impact exercises to tone, shape and enhance flexibility, while the body is suspended in buoyant security. Ideal for weekend warriors, aging boomers, overweight exercisers and athletes needing rehabilitation, D1 offers three AFS models: the AFS 16, 19 and 19 DT.

Superior to a traditional “swim spa” because of its multiple functions and sophisticated design, the AFS has garnered substantial industry recognition. The Society of Plastic Engineers granted the AFS a “People’s Choice Award,” *Consumers Digest* designated the AFS the “Best Buy in Portable Spas” in the Premium Products Category and the Robb Report included the pool in a “Best of” issue.

Effective and efficient, D1’s AFS swim spas takes up less space than a conventional pool and can be installed inside or outside the home. The pool’s Ultralife slip-resistant interior is surrounded by a durable, all-weather exterior, making the tub adaptable to either above ground or below ground installations. High volume swim jets are positioned to provide lift as well as current. The 100% insulated tub uses a stainless steel heater – the most reliable on the market – providing optimal heat recovery and lower energy consumption. And pure, clean water year-round is easily achieved with an E-Z Lock filter cartridge and ozone purification system, allowing the owner to use fewer chemicals than most competitive products.

D1’s founder, Bob Hallam, is clear about his target market for AFS: “Baby boomers are the most health & lifestyle conscious group of people in history. They spend more on working out, plastic surgery, healthcare and vacations than any other generation. And now with options like the AFS, they can achieve wellness efficiently and safely, in their own backyards.”

Hallam also notes that his customers are choosing priorities carefully. “One couple who bought an AFS from us lives in a mobile home near a beautiful apple orchard in Northern California,” he says. “They told us they made their investment in the AFS because of the real and essential relief using it brings to the husband’s chronic back condition.”

When it comes to getting the most out of your exercise space and time, the AFS just makes sense. Dr. Bruce Becker, Medical Director of the St. Luke’s Rehabilitation Institute in Spokane, Washington, who has studied the effects of aquatic activities among athletes and people in need of recovery from injuries or ailments for the past 30 years said it best: “Simply being submersed in water up to the neck increases cardiac output by more than 30 percent in a sedentary individual. So, just by sitting in water, the hydrostatic pressure on your body and being in a buoyant state benefits the body.” How much more beneficial would using an aquatic exercise machine at your own home be?

*Dimension One Spas® (D1®) was founded in 1977 in Vista, California by Bob and Linda Hallam. By combining innovations in materials science and water handling technology, D1 has set an industry benchmark and today is the leader in designing and manufacturing luxury home hydrotherapy*

and aquatic fitness products. The family-owned business is dedicated to bringing customers the most advanced spas in the world – engineered to rejuvenate both body and mind.

D1 spas and aquatic fitness products are now sold through a network of more than 200 dealers in the United States and 450 dealers in 35 countries worldwide. The company's four product lines include a selection of home hydrotherapy and aquatic fitness products that meet a variety of consumer needs and budgets: D1 Reflections®, D1 Bay Collection®, AFS-Aquatic Fitness Systems® and @Home Hot Tubs®.

Holding more than 30 patents – more than any other company in the industry – D1 has earned accolades and awards from Consumer's Digest, Robb Report, Poolandspa.com, Quality Buy and more, and in 2004 Bob Hallam was named Ernst & Young Entrepreneur of the Year. D1 proudly supports Vision of Children, a national organization dedicated to the eradication of blindness and vision disorders in industrialized nations. For more information about Dimension One Spas' AFS products, please visit [www.aquaticfitnesssystems.com](http://www.aquaticfitnesssystems.com).

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## FINDINGS ON THE BENEFITS OF AQUATIC EXERCISE

- **Total Wellness:** Aquatic exercise is a medically proven solution to boosting one's mental, physical and emotional well-being. Scientific studies reveal many impressive health benefits of exercise, which include healthier bones and muscles, a leaner body, radiant skin, a strong immune system, faster recovery from illness and a higher quality of life.
- **Cardiovascular Health:** Water Fitness Guru Mary E. Sanders, Ph.D., University of Nevada's School of Medicine and Public Health, deems water an effective and safe liquid weight machine whose thickness and natural resistance reduces negative impacts while increasing range of motion and promoting muscular endurance.

Extensive studies by Dr. Bruce Becker, Medical Director, St. Luke's Rehabilitation Institute in Spokane, Washington, reveal that the hydrostatic pressure and buoyant state of being submersed in water increases cardiac output in a sedentary person by more than 30 percent.

- **Arthritis:** New research by Marlene Fransen, Ph.D., explains that water therapy alleviates joint pain and directly improves one's physical performance and function. The Arthritis Foundation, in fact, endorses water exercise as an ideal way to relieve arthritis pain and stiffness without harming joints. The Aquatic Fitness System dramatically reduces excess strain on joints and muscles and offers soothing therapeutic treatments provided by state-of-the-art massaging jets.
- **Diabetes:** A recent study by SoJung Lee suggests that aquatic activity can help lower the risk of deadly diseases by 44 percent through exercise that increases the vitality of the heart and lungs. Findings show that a fit heart and lungs decrease one's chance of acquiring diabetes and related maladies, and further reflect low blood pressure and high HDL "good" cholesterol.
- **Sleep:** Soaking in warm water is a natural, safe way to enhance deep sleep and ease sleep-related problems, according to the National Sleep Foundation. Water's relaxing properties of

buoyancy help promote sleep through the alleviation of pressure on joints and muscles and by the creation of a peaceful, weightless sensation. Unlike sleeping aids, warm water is an organic and healthy remedy for sleep deprivation.

- **Weight Management:** A recent study titled “Effects of Aquatic Exercise and Walking in Sedentary Obese Women” (published in the February 2007 launch of *International Journal of Aquatic Research and Education*) examines weight loss resulting from a separate aquatic and land-based walking program. Participants in both the water and land-based groups significantly improved their total body weight, cardiorespiratory fitness, flexibility, strength and quality of life. The aquatic walking group, however, recorded slightly higher body weight losses, improvements in flexibility and greater attendance rates.
- **Back Pain:** A study by Gerhard Strauss-Blasche, Ph.D., published in the *Clinical Journal of Pain*, found that exercise therapy is an effective treatment for chronic back pain. Water exercise specifically prevents and reduces back pain by relieving the weight-baring effects of gravity on the lower extremities and spine. The built-in massage jets of the Aquatic Fitness System further reduce pain with varying bursts of water that offload the spine and buffet the body’s soft tissue.
- **Depression:** Improved mental health is directly linked to the performance of fitness activities, including those done in water, according to a recent study called “The Influence of Exercise on Mental Health” by Dr. Daniel M. Landers, Ph.D., Arizona State University. An important conclusion of the study is that exercise is powerful in reducing mental ailments such as anxiety and depression.
- **Prenatal Health:** A *Journal of Perinatal Education* study reported that aquatic exercise during pregnancy benefits both mother and baby, as psychological stress levels can lower and thus reduce complications including adverse fetal outcome.

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