

# Why would you choose me for aqua exercise?

- After surgery or an injury, you have had physical therapy, but you want to use the power of water to ensure strength, balance, and symmetry
- You want to work with someone who has spent literally hundreds of hours as a patient with the best pool therapists, and now wants to pass that knowledge on to you
- You want to use equipment that few people use because it is expensive or not used by anybody else. I took the knowledge I gained from pool therapy and then worked with water fitness companies to create tools nobody else uses in the Triangle.
- You want to be in a group of one to three people where your past history is taken into account. I will gladly take input you have from your physical therapist