

One With Nature[®]
OWN Water Resistance Exercise Program

**Mind-Body
Total Body Workout for all Fitness Levels**

Exercise with OWN Aqua Belt & Turn your Pool into a Gym



Feel the benefits of exercising in deep or shallow water
as you relate to the natural movements of aquatic life



One With Nature
The Power of Living[™]

One With Nature[®]
OWN Water Resistance Exercise Program

**Mind-Body
Total Body Workout for all Fitness Levels**

Exercise with OWN Aqua Belt & Turn your Pool into a Gym



Feel the benefits of exercising in deep or shallow water
as you relate to the natural movements of aquatic life



One With Nature
The Power of Living[™]