



**Aqua  
Weight**

Re-Order Number	Descriptions	Weight	Units
914676	Aqua Weight	2lbs	Each
914677	Aqua Weight	4lbs	Each
914678	Aqua Weight	6lbs	Each
914679	Aqua Weight	8lbs	Each

### Purpose

Exercise has beneficial effects such as decreasing depression, increasing health and improving cognitive performance in older adults. Other potential benefits of exercise includes improved appetite, sleep, increased bone density and improved balance. The Aqua Weights are a convenient alternative to standard weights and offers the following benefits:

- Low shipping cost
- Soft impact when dropped
- Comfortable handles
- Eliminates straps around frail skin

### Easy to Use

Each weight is sized to the maximum weight as marked. Place the weight under a faucet, open the valve cover and place a hard object such as the back of a pencil or pen to open the flap. Fill the weight until the water over flows the valve and close the valve. The weight is now filled to capacity and ready to use. Consult any exercise manual for recommended exercises.

It is suggested that exercise should be moderate at the beginning and the weight increased as recommended by a health care professional.

### Easy Care

The vinyl can be wiped clean with a standard disinfectant. The Aqua Weights require little maintenance but if an odor is sensed it is recommended to rinse with diluted non-chlorine disinfectant.

