



**PEOPLE IN THE COMMUNITY YOU SHOULD KNOW**

# Stuart Davidson

## Water Fitness Guru

By Susan Richard

Aquatic fitness may seem a bit unorthodox to most neophytes, but according to Stuart Davidson, founder of AquaFit Sports, the benefits can be manifold.

“It is amazing the number of ways working out in the water can benefit everyone by creating a program to suit their specific needs,” he says. “Our clients range from octogenarian post-joint replacement patients to young pregnant moms who want to maintain an exercise program to very overweight people who may be too embarrassed to work out in a gym to a client I am personally training for a triathlon.”

Davidson’s passion for fitness and athletics started at the age of four when he started swimming, downhill skiing and playing ice hockey in his hometown of Montreal, Quebec. His early start in hockey led him to play professionally at a very young age. By the time Stuart was sixteen, he was a competitive swimmer, a lifeguard, a nationally-ranked hockey player, and a power skating, ski and water ski instructor.

When he moved from Rossland, British Columbia to Sarasota, Florida, Davidson became interested in

aquatic fitness and got his certification as a water fitness trainer, starting with foam aquatic equipment. Yet this wasn’t satisfying enough. Feeling that there was so much more to be learned, Davidson began researching the market to find another way. His search led him to discover a new system involving the rehabilitation of tri-athletes – a perfect blend of cardio, flexibility and core strength training for any fitness level. He finally founded AquaFit, a personal water fitness training company, after he moved to Miami.

“You can push yourself harder in the water without the sweat, stink and over-exhaustion, plus the recovery time is much shorter,” he points out. “I get a real kick out of the results from helping clients who have a pre-existing condition – be it post-op or arthritic – and are now enjoying life again with much less pain and discomfort.”

*For more information: [www.aquafitmiami.com](http://www.aquafitmiami.com)*