

## Vickie Anderson: Vickie's Aqua Challenge

Written by Deborah Bostock-Kelley  
Words 754

If you think sixty is old, think again. Entrepreneur and creator of Vickie's Aqua Challenge, Vickie Anderson is proof positive sixty years young is the new twenty-something. Standing a petite 5'3, Anderson is a whirlwind of energy and confidence, with the body that can be created when you take great care of your health and body.

Anderson formed Vickie's Aqua Challenge because nothing existed on the market that met the stringent qualifications she, herself, desired in a workout. Says Anderson, "My motto is, *If it ain't fun, it ain't done!* If you're not enjoying your workout, you should try this program. It is a lot of fun and everything but boring. It's something you will look forward to doing, rather than dread."

A licensed Master Massage Therapist, Anderson has always been interested in staying fit by living a healthy lifestyle. After being a mom and homemaker for many years, she became a nationally competitive triathlete for over a decade. As a result of competition, Anderson injured herself and found that water aerobics helped her heal from hamstring injuries. Unfortunately though, she could never find the type of group water workout that she really wanted. "I decided I could do so much better than this, so I decided to become certified to teach. I started teaching my own water aerobics class so I could basically get the kind of workout and the intensity that I wanted.

Fast forward twelve years and one "Aqua Fitness Instructor of the Year" award for SHAPES Fitness for Women of Florida later, Vickie has perfected her program, making her one-of-a-kind Aqua Challenge available to the public. "Water protects you from injury and it gives you a great workout (twelve times the resistance in the water), so it is a perfect program for any age and any fitness level," says Anderson.

Unlike other water aerobic programs on the market, Vickie's Aqua Challenge works every muscle in the body. Explains Anderson, "This program has kept me young, healthy and strong. also given me the best figure that I have ever had, even better than when I was training for triathlons."

Vickie's Aqua Challenge takes very little equipment and time, but gives you maximum results. "Get a bottle of water, get some water shoes, web gloves, and get in a pool. Even hip replacements and knee replacements do very well rehabbing in the water. The most important thing to do before attempting any exercise program is to get your doctor to check you to make sure you can successfully do a vigorous exercise program. The water is probably the safest environment for an exercise program, because it does not cause joint injury as readily as even walking or running does."

One long-term benefit of adapting Vickie's Aqua Challenge can be easily seen a student who went from a size 22 to a size 12. "I've had people come up to me and say their medical check-ups have improved considerably since starting my program. I regularly have students who tell me I've changed their lives, that they've never had success with weight loss, feeling fit or simply getting rid of pain before this program. It's remarkable and fun to do. It's just a wellness program that really works! I will never stop doing this program because of the benefits that I have gained. The beauty of this water workout is that you can alter it to whatever level you need. You can speed it up or slow it down depending on the resistance you want. Basically, you just use common sense and listen to your body."

Vickie's Aqua Challenge isn't designed for a particular audience. Instead it is the perfect workout for anyone who wants to be fit. Explains Anderson, "Individuals can do their own personal best at any level, increasing strength with every session. "What this program offers that most programs don't offer is resistance for the upper body at the same time that you are working the lower body. Web gloves are my equipment of choice because they allow you to control your resistance by simply changing the position of your hand. I truly believe you get more exercise in a class like this than with any other exercise program used. You burn so many calories by working against the resistance of water, and you get your heart-rate up as this is a great cardio workout. This program is extremely efficient in working the entire body and truly, the results are astounding."

For men, women, teenagers, "baby boomers", seasoned athletes, couples, retired individuals, pregnant women – anyone desiring to feel better and look fit – this is an exceptional program to help you live a healthy lifestyle.