



bringing **fitness** to your **doorstep**

Questions about aquatic fitness?

How many calories does it burn?

Is it good for bad backs?

Will it be too easy?

What is deep water running?

How long before you see results?

She has answers!

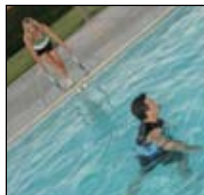
www.trainertoyou.com



Teri McQuaid is head of Temecula-based Trainer to You's Aquatic Fitness.

A recreational cyclist, triathlete and avid swimmer, McQuaid specializes in aquatic fitness training, total body conditioning and swimming lessons for both adults and children. She shares her love for water with her all aqua clients, helping many with post-rehabilitation and cross-training. Her upbeat and positive attitude keeps clients motivated to stick with a healthier lifestyle.

McQuaid is a certified personal trainer through the American Council on Exercise (ACE), an American Red Cross Safety Instructor, and a certified Spinning® instructor.



Your **source** for aquatic fitness information.

(951) 694-2635
teri@trainertoyou.com