



What a **Hot Tub** Can Do To Change Your Life!

Do you lack the energy and endurance you need to live life to the fullest? Do you feel anxious and stressed out even when work ends for the day? Are stiff, achy muscles and joints preventing you from spending time with the ones you love? You're not alone if lately you've started thinking about what it would be like to prioritize your health for optimized physical, mental and spiritual well-being.

Hiring a personal trainer and nutritionist would be nice. And taking lavish vacations with regular visits to the spa would certainly do wonders for managing stress and keeping a fit and trim physique. But the truth is, most of us simply don't have the time or money to accommodate this kind of lifestyle.

The good news is, positive change doesn't have to be complicated. In fact, it's as easy as soaking in a hot tub. With a variety of physical and mental benefits, using

a hot tub is an easy, convenient way to experience improvements in health, mood and overall well-being. Here are just a few of the ways soaking in a hot tub from the comforts of home can change your life.



Optimize Your Health

Having energy and staying youthful well into the golden years comes from proactively maintaining health as we age. More than diet and exercise, optimized health means staving off disease and other chronic conditions, but it also means taking the right steps to properly manage stress, staying physically and mentally active while maintaining a positive outlook on life.

Sound easy? It can be with the right tools. So how can a soak in a hot tub help you achieve all these goals?

Cardiovascular Conditioning - Sitting in a hot tub is ultra relaxing for the outside of your body, but it's also an easy way to keep your heart strong. It has to do with elevated heat and the physiological changes that take place when you submerge your body in the water. Blood vessels dilate, circulation increases and the heart muscles experience the same benefit as if you were engaged in light cardiovascular exercise.

Relieve Aches and Pains - For muscle and joint pain, nothing compares to twenty minutes in a hot tub. Relief is instant as heat and massage target stiffness and aches and pains from arthritis, fibromyalgia, even chronic low back pain. With consistent use, a hot tub provides short and long term benefits including decreased pain, increased flexibility, improved range of motion and more.



Control Symptoms of Type 2 Diabetes - If you suffer with diabetes, it's exciting to learn that using a hot tub for thirty minutes five times a week may help control your symptoms. That means improved sleep, less fatigue, easier weight maintenance, even lower blood sugar.

Eliminate Insomnia - A relaxing soak before bed helps the body transition easier from awake to sleep, giving you the chance to finally get the rest you need to look and feel your best. Core body temperature drops when you get out of the hot tub, signalling the brain that it's time to sleep.

Manage Stress - Easing tension and anxiety is never easier than with a personalized massage from the comfort of home. Modern hot tubs come equipped with a variety of different sized jets and optimized seating for the best hydro massage. Target the neck, shoulders, back or anywhere stress settles for instant relief and a calming soothing sense of control and focus.



Change Your Outlook

How many times just in the past year have you felt yourself say, "I don't even want to try, it's no use". Unfortunately, when life throws curve balls, it's often a challenge to see the bright side, and many of us don't. But here's the trick- as you start to take care of yourself physically, suddenly those failed opportunities and missed chances become less frequent. It has to do with inner health and how feeling good on the outside helps promote health on the inside.

Using a hot tub for relief from a sports injury or to alleviate arthritis in a hip will do more for you than eliminate the physical pain. A long, soothing soak makes you feel better on the inside too, and that's when you start to see your outlook change in positive ways. Give yourself the break you deserve and allow your body and mind to feel positive, refreshed and rejuvenated.

Strengthen Your Relationships

Relationships define our lives. Whether we're married with kids, single or kids ourselves, the people that are most important to us create our support system- it's critical that we keep them solid and strong. Unfortunately, with high-powered jobs and life pulling in every direction, it's tough to find the time to nurture our relationships as we should.

That can mean we have less family time than we'd like, or don't visit our parents as often as we should. In some cases, family members live in the same homes, yet barely have the time to talk. A soak in the hot tub is an opportunity to bring these relationships into focus, to reconnect with those people who mean the most to us.

Quality Family Time - For families, getting together for even a half hour on a weeknight after dinner or on a leisurely Saturday to enjoy a dip in the hot tub is an excellent way to stay connected to busy teenagers or a spouse. Soaking in the hot tub is relaxing, but what's more, there are no distractions to break the conversation. Mom, dad and the kids enjoy undivided attention without having to compete with the computer, television or smart phone.



Be Spontaneous and Romantic With a Spouse or Significant Other

- As a way to rekindle a challenging marriage or difficult love relationship, an evening in the hot tub is brilliant. Once or twice a month, relaxing and unwinding in the hot tub can ignite passion and rebuild lost intimacy. Warm, massaging water brings couples together, opening doors for easy, effortless communication that may not be present otherwise. It's a feeling of complete and total relaxation and the opportunity to enjoy it together.

Casual Fun Among Friends – For casual get-togethers with friends, a dip in the hot tub is perfect for spending an evening catching up without having to fight traffic or wrestle crowds. A "girl's night in" with personalized massage and hydrotherapy is ideal for sparking great conversation and memories with friends.

Promote Creativity– You don't have to be an artist to understand the value in having somewhere quiet to go to spark a few creative thoughts. Maybe the hot tub is that place to strategize your next move at the office, or the peaceful environment you need to think through your problems. When the body is relaxed, comfortable and at ease, the brain can do some of its best work.

Hot tub owners everywhere have stories about how they use their investment to promote creativity, brainstorm and bring out their best ideas. Whether it's the peace and quiet of a pre-dawn soak to clear the mind for a busy day ahead or an evening recharge in preparation for a challenging tomorrow, the right hot tub is a convenient retreat and the escape you need to recharge, regroup and prioritize thoughts.



Enjoy the Outdoors

Do you get outside as often as you'd like? Did you know that an in-home hot tub provides year round entertainment and relaxation?

Whether its star gazing with the one you love mid August or taking in the crispness of the autumn air solo, a dip in the warm, bubbly is perfect in any season. In fact, with summer grilling parties and the perfect ending to a winter snowstorm, a hot tub is year round fun.

If you haven't experienced the great outdoors as often as you'd like, a hot tub may be just the tool you need to give nature a little of your time. Fresh air is a great weapon against springtime colds, and can be an exhilarating way to wake the senses. First thing in the morning or just before bed, sunrise or sunset, the right hot tub can bring the great outdoors to your backyard 365 days a year.

Guilt Free Indulgence

We all have our secret indulgences. Some of us enjoy chocolate, others a fine bottle of wine. But when it comes to guilt free indulgences, a hot tub has to make the top of the list. Having access to on-demand massage from home is a simple pleasure that millions of people enjoy every day. Imagine waking to a stiff neck or sore muscles from a night of dancing to your very own hot tub. It's as if a personal masseuse and vacation spa were moved to your home for customized use. That's indulgence and it's guilt-free.

And that's the great part of spa ownership- a dip in the hot tub doesn't have to be a big ordeal. It doesn't have to be planned a week in advance or require reservations or call back numbers. It's at home, it's always available and it's there for you to use whenever you're in the mood to feel great. Here are a few other ways to enjoy guilt-free indulgence from an in home spa.

Quick Mid-Day Boost - Have you ever felt so run down that just keeping your eyes open is a struggle? That 2pm crash that people complain about can be a thing of the past with a dip in the hot tub. With invigorating massage, heat for relaxation and an all over pick me up, a dip in the hot tub is an easy way to recharge.

The Stay-Cation - Feeling unusually tense? Take a 20-minute stay-cation for a quick way to rejuvenate and refresh. Floating effortlessly in warm, massaging water takes you away from everything. Yet with home convenience, you don't have to travel, plan or pay for the room to experience a relaxed, refreshed and revitalized you. Twenty minutes of kneading massage can work out kinks in your neck, relieve sore feet and calm your mind. It's almost too easy.



Pre-Bed Relaxation - You're not alone if you suffer from insomnia or another sleep disorder. Whether it's a serious chronic condition or just a hassle a few times a month, not getting adequate rest can leave you feeling depressed, groggy and downright miserable. A relaxing soak prior to bed is just what the doctor ordered for an easy transition from the day's hustle and bustle to a calm, peaceful and restful sleep.

A Romantic Retreat - Looking for a perfect alternative to the boring dinner and a movie? A home cooked meal followed by a soothing dip in the hot tub with soft music and lighting is about as romantic as you can get. Whether you've been married for decades or you're only starting to fall in love, a romantic, relaxing and intimate dip in the hot tub is a recipe for success.

Family-Friendly Entertaining - Get the grill fired up, because the right hot tub is the focal point to a backyard dream retreat. Great food, conversation, and plenty of laughs will keep the neighbours chatting about the fun they had complements of your hot tub soiree. And with entertainment features like surround sound and televisions, there's no end to how much entertaining you can do under the stars from the hot tub.

In Summary - If you're undecided about whether or not a hot tub is right for you, hopefully a little information can help you realize the many advantages to be gained from spa ownership. Beyond pain relief and stress management, a fantastic hot tub is any time relaxation, serenity and creativity at your fingertips.

It's the glue that can keep your relationships healthy and the one place you can go to stay mentally clear and focused. With a variety of entertainment features, unparalleled hydro massage and just plain fun, a hot tub may just be the best investment you'll make for maximizing health, happiness and fulfillment.



HOT TUBS

Five Major Hot Tub Brands



**CENTRAL
JERSEY
POOLS**
PATIO & MORE

Visit Our Showroom to View Our Wide Range of Hot Tubs

A hot tub gives you a backyard you can use every day of the year. It can turn any screened-in porch into a virtual oasis for the entire family. Central Jersey Pools carries a complete line of hot tubs from quality spa manufacturers. We realize homeowners have a wide range of features and wish lists. At Central Jersey Pools, we provide a full range from standard featured spas and hot tubs that combine all the features you would expect from the most elegant resorts from around the world.

Route 9 North Freehold (732) 462-5005 centraljerseypools.com

HOT TUBS



Dreammaker Spas – Affordable, Simple & Durable

Dream Maker Spas is one of the world's largest manufacturers of rotationally molded spas and has been a market leader since introducing this type of manufacturing to the spa industry in 1997.

With a new owner and leadership team from within the industry for more than 25 years, Dream Maker Spas is now positioned for a greater level of innovation and technology.

Our goal is simple: To provide superior products that allow everyone to enjoy leisure, recreation, and wellness — regardless of how much space you have for a hot tub or how much you choose to invest in the perfect marriage of health and pleasure.



HOT TUBS



Sunrise Spas – The Ultimate Luxury Experience

There's nothing like a long, hot soak on a cold night or after a hard day of work – and there's no hot tub quite like those made by Sunrise Spas. Whether you need some space to stretch out or want a large hot tub for entertaining, Central Jersey Pools is sure to have the make and model that's perfect for you.

Sunrise Spas has been working for more than two decades enriching the lives of thousands of families in over 50 countries; you can be assured you'll be getting the "best in class" product with them. If you're in the market for a hot tub that can ease your pains and relax your mind and body, you're in the market for Sunrise Spas.



HOT TUBS



TidalFit Swim Spas – A Revolution in Exercise

If your exercise routine has got you down, or you love to swim but don't like the idea of a full-size pool, TidalFit Swim Spa has your solution. When it comes to swim spas in NJ, TidalFit has it all. Also known as exercise spas, these systems allow you to get in a solid workout while immersed in water featuring an active current so you can swim in one place. Or, you can do nothing at all but sit back and relax. There are many benefits to using a swim spa:

- Muscle relief
- Lap training
- Cardiovascular workout
- Relaxation
- Arthritis and joint relief



HOT TUBS

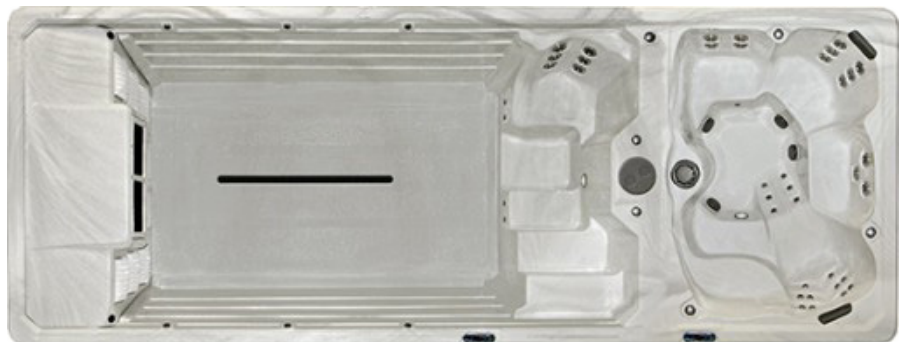


PDC Swim Spas – TruSwim Swim Spas

Whether you are an athlete in training, a fitness enthusiast, or looking for relief from joint pain and a healthier way of life, TruSwim can help you achieve those goals faster and easier than you once thought. The patent-pending dual propulsion and straight sidewall design assures the smoothest, widest resistance current for a fitness workout like no other. Easily personalize your routine with the NEO 2100 digital control, and when your exercise is complete, soothe those red muscles and relax the body with a full line up of massaging jets.



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HOT TUBS



Tropic Seas Spas – Handcrafted Artistry & Ergonomic Design

At Central Jersey Pools, we carry The Tropic Seas line of handcrafted, ergonomically designed spas that create the ultimate hot tub experience for spa users. The Tropic Seas Spas have beautifully sculpted lines and graphite grey accents with comfortable ergonomic seats at various depths to accommodate all spa users.



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ABOUT CENTRAL JERSEY POOLS

Meet The Family of Central Jersey Pools

For more than 60 years and over 3 generations, the Metz family has been making sure that families all over the Central Jersey area enjoy the pleasures of outdoor and indoor leisure living centers for their homes. Central Jersey Pools, Patio & More has been providing families with quality recreational environments so that they can play together, stay together, and be safe together. Their commitment to leisure living comes from over 60 years of experience that began with in-ground swimming pools for NJ residents; it spread to all facets of backyard entertainment, and now includes numerous products for indoor recreational areas. Before any family dives into a major pool, spa, patio furniture, gazebo, sauna, or game room purchase, they should visit the family at Central Jersey Pools, Patio & More and take advantage of their 60+ years of experience and product knowledge.

Where We Are Today

Today, Central Jersey Pools, Patio, & More has over 25,000 square feet of showroom and warehouse space, showcasing everything for your leisure living including:

- 3 in-ground swimming pools
- 5 above ground swimming pools with decks and fences
- More than 45 spas, gazebos, saunas
- A full-line of pool tables, poker tables, bars, game-room supplies, and video games
- Outdoor kitchens and cooking islands
- Pool supplies, chemicals



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