



Hosted by fitness industry icon
Sara Kooperman

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ABOUT SCW EDGE WEBINARS & PODCASTS

Hosted monthly by fitness industry icon Sara Kooperman, this 45-minute show features influential fitness experts with a strong social media presence. Each episode delivers the latest insights and trends to a dedicated audience of fitness professionals, wellness advocates, and industry leaders.

WHY SPONSOR SCW EDGE?

Spotlight your brand before a focused community of fitness pros and wellness enthusiasts. Enjoy premium visibility, connect with industry leaders, and elevate your impact as a supporter of dynamic, top-tier fitness content!



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SCW **spotlite**

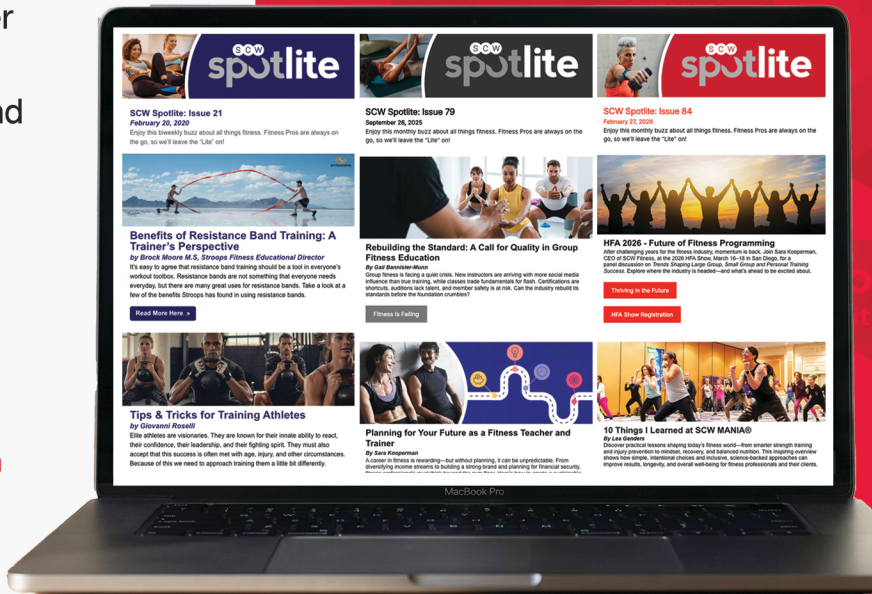
SCW's Spotlite Fitness Newsletter **reaches thousands of fitness professionals** eager to discover new products and solutions. With SCW's trusted reputation, your brand gains credibility, visibility, and access to key decision-makers.



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LET'S GET YOU IN THE SPOTLITE.



Stay up-to-date on *all things aqua!*

The Essential Science Behind Safe & Effective Warm-Ups for Active Agers

Warm-ups for older adults require more than gentle movement—they demand strategy. Discover the science behind joint-focused preparation that improves balance, mobility, and performance while reducing injury risk. Learn why wrists, shoulders, hips, and ankles need special attention to keep active agers moving confidently, comfortably, and independently for years to come.

[Preparation is Key »](#)

Liquid Harmony: Sound Meets Water

What happens when sound moves through water—and through the human body? Liquid Harmony™ explores how underwater acoustics and frequency-based music influence circulation, nervous system regulation, and relaxation. This article examines the science behind aquatic sound therapy and its growing role in therapeutic, rehabilitation, and wellness settings.

[Cutting Through the Water »](#)

ALL THINGS AQUA.

The **SCW Tidal Waves Newsletter** is the go-to source for aqua pros seeking insights, trends, and stories. Run an article to showcase your aqua expertise!



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