

**Rowing & Sculling**  
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#### Why Row?

- It's a lifetime exercise.
- It exercises your upper body, lower body, abs and back.
- It's impact-free, smooth and rhythmic.
- You can do it as hard or as easily as you like.
- There are opportunities for competition.
- It's fun.

#### People have successfully used rowing to:

- lower their cholesterol readings
- control their blood sugar levels
- lower their blood pressure
- lose weight
- increase fitness
- manage back pain
- work off stress
- recover from cardiac problems and other illnesses
- rehab from injuries
- cross-train for other sports
- meet friends
- feel better about themselves

This group continued during the pandemic, and still continues, to safely gather on the beautiful waters of the Broad Creek. Deb or Marty are available for lessons if you enjoy physical activity, being on the water and desire to learn a new skill. If you are interested in learning how to row in a scull contact either Marty Davis or Debbie Esposito.