



THE BENEFITS OF SWIMMING



Hot summer days are just around the corner! To stay cool and fit, you might want to consider taking up swimming! Swimming regularly builds endurance, muscle strength and cardio-vascular fitness and it can serve as a cross-training element to your regular workouts.

Spending time in a group workout, whether water aerobics or a master's swim practice, is a great social outlet.

Exchanging stories, challenging each other, and sharing in the hard work makes swimming with others a rewarding experience.

There are other psychological benefits to swimming! If you relax and swim with very low effort, let your mind wander focusing on nothing but the rhythm of your stroke, you can gain a feeling of well-being, leaving your water session refreshed and ready to go on with the rest of your day.

Here are five great reasons to get wet this summer . . .

- 1) **Happy Heart** – Swimming provides excellent heart health.
- 2) **You'll Balance Your Body** – Swimming builds long and lean “swimmer's” muscles. Great if you don't want to bulk up as well as lose weight.
- 3) **Great Cross-Training** – Swimming gives a great break from high-impact activities that may expose your body to injury.
- 4) **Flexibility** – Taking an easy swim helps prevent muscle tightness and soreness.
- 5) **Lifetime activity for EVERYONE** – Anyone, both young and old, can benefit from swimming. You can swim at any age.



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