

# WHY SWIMMING IS GOOD FOR YOU AT ANY AGE, ANY FITNESS LEVEL, ANY COMMITMENT!

**Coordination:** Swimming works your body's motor coordination. Over two thirds of the body musculature are engaged when you swim. The upper and lower body, trunk, head, arms and legs are forced to work together to make a balanced effort.

**Improves Posture:** Mom always told you to stop slouching. It's still not too late. Swimming strengthens joints and improves posture by improving the position of the spinal column. This makes it an excellent exercise for people with all kinds of back problems and issues.

**Total-Body Workout:** You hear about certain forms of exercise being a "total-body workout." Maybe—but swimming is the original total-body workout: it targets everything from sculpting your back to toning your arms. No heavy equipment or weights are necessary. Instead of buying lots of different pieces of exercise equipment to work specific muscles, jump in the pool and tone your whole body in a few laps.

**Come As You Are:** This doesn't mean swim naked, although, if you want to go skinny dipping in your own private pool, that's up to you. For the average person, swimming does not require lots of special equipment and gear. All you really need is a swimsuit. The other extras, like a towel, swim cap, goggles, swimmers' earplugs, kickboard, noodle, and all of that extra stuff is up to you and your budget. Or provided by your gym!

**Cardio Conditioning:** Swimming is considered to be the ultimate aerobic activity. That's right—you no longer have to get into your workout gear, matching leg warmers, sweat band and white tennis shoes while flexing. Compared to running, there is more breath control with swimming, which creates an increased demand for oxygen, making those muscles work harder, without knowing it. Swimming also strengthens the heart, making it become larger. The heart's pumping action also becomes more refined, which leads to better blood circulation.

**Beats the Heat:** It's no great revelation that swimming refreshing: when temperatures climb sometimes the only relief can be found in that big body of water. People who consistently swim strenuously enough to be out of breath when they finish and elevate their heart rate do burn calories and lose weight," says [Jane Moore, M.D.](#), a physician and active swimmer from Tacoma, Washington. "The key is to push yourself a bit."

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**Socialization:** Pools are all about socialization—they are a culture unto themselves.

**Improves Mental Health:** It's a proven fact that physical activity improves mood in children and adults. For people with conditions like fibromyalgia, swimming can help decrease stress and anxiety, while relaxing, strengthening and toning muscles. Water-based exercise improves mental health. Swimming can improve mood in both men and women. For people with [fibromyalgia](#), it can decrease anxiety and exercise therapy in warm water can decrease depression and improve mood. Water-based exercise can improve the health of mothers and their unborn children and has a positive effect on the mothers' mental health.

**Helps with Chronic Diseases, Post-Op, and as Physical Therapy:** Water-based exercise can help people with chronic diseases. For those afflicted with arthritis, it improves the use of affected joints without worsening symptoms. Rheumatoid arthritis patients notice an improvement in health after participating in hydrotherapy than with other activities. Swimming and water-based exercise also helps affected joints and decreases pain from osteoarthritis.

**Going Solo:** While rules used to advise us to "swim with a friend" for safety's sake, that doesn't mean you have to arrange a date every time you want to go swimming. Keeping safety in mind at home, your child can swim solo at home provided you or a designated water watcher is stationed at the pool. The same would be true for a senior adult who goes swimming in his or her backyard pool—it's best to have someone around to keep an eye on you during your workout.

**Some come experience the benefits  
the pool has to offer! Get in and  
SWIM! If you need assistance, we  
offer Adult Swim classes for  
Beginners, for Fitness and  
personalized private lessons!**