



Swim your way to better health

There are many ways to meet the recommended guidelines relating to physical activity and health. Just as well, as we all have differing likes and dislikes, wants and needs. Being active is something that some need to work at more than others so it's vital that we each choose exercise methods that we enjoy. What's even more important is that we get maximum benefit from our chosen activity in the time we find to devote to it. That's where swimming takes top marks.

Benefits of Swimming

Swimming regularly builds endurance, flexibility, muscular strength and cardio-vascular fitness, the four components which contribute to overall fitness. What's really clever is that it does so without any impact so doesn't place excessive pressure on bones and joints. This is particularly beneficial when cross training, or recovering from an injury. Maybe you're a runner, training on a regular basis, and want to find an activity that keeps your heart rate up but takes some of the impact stress off of your body. Swimming could be the answer.

Swimming and Weight Loss

Perhaps you're taking the first steps to lose weight and find the extra pounds make exercising in the gym uncomfortable. Swimming is a fantastic way to start. It is an excellent calorie burner and because you're supported by the water, your body isn't subjected to the impact that most land based methods of exercise impose on it. It doesn't have to end there though as the more you swim, the fitter and stronger you'll become, enabling you to swim for longer each time and shift more pounds.

Swimming for all the family

With family commitments it can be difficult to find the time to fit exercise into daily life. A trip to the local pool is a simple solution. While the kids can splash around in the shallow end you can do your lengths. The kids have fun, you get your recommended 30 minutes of moderate exercise, and you get the added advantage of doing this as part of a family day out.