

# SWIMMING DOES IT ALL!

Being active can help you live longer and feel better. It can improve your mood, help you sleep better and even reduce your risk of conditions like diabetes, coronary heart disease and some cancers. It can help you manage your weight and improve your balance. It keeps your arthritis at bay, moving the joints with no impact exercises. Adults should aim for 30 minutes of 'moderate' activity a day for their general health. Children need an hour a day.

**Just starting with activity?** Start slowly and build up – if you have any concerns or any existing medical problem ask your GP before you start.

## Reasons to take the plunge:

- 30 minutes of steady paced lane swimming burns over 200 calories – well over 400 in an hour.
- Any swimming that makes you breathe more heavily counts as 'moderate' activity. Even treading water takes effort, so you are working most of the time you're in the pool.....But remember – chatting in the shallow end only works your facial muscles!
- The pressure and resistance of the water makes your body work that little bit harder. 30 minutes of activity in the water is worth 45 minutes of the same activity on land.
- The water takes your weight, so swimming can be great for those who want low impact exercise - women during pregnancy for example, or for people who have mobility problems or want to protect their joints.
- Swimming works your whole body for all over toning!
- Swimming is great for your heart. Because you are using your whole body your heart has to pump blood hard to your arms and legs, helping circulation too.
- It is also great for your lungs – length swimming in particular forces you to breathe in a deep and rhythmic way which gives your lungs a boost.
- Being in water can have great psychological benefits too – the pool can 'take you away from it all' and the feeling of being in water can be refreshing, relaxing, and liberating as the water takes your weight.
- People of all different ages and abilities can enjoy swimming together – if you choose an activity you can do with friends and family you are more likely to stick at it. You'll be having so much fun you won't notice you're working out too!

**Can't swim?** It's never too late to learn. There is plenty of action in the pool without needing to swim. Just ask us! Lessons are available for all ages.