

Benefits of Swimming

- Swimming is a healthy, low-cost activity that you can continue throughout your life.
- Swimming is a low-impact activity that has many physical and mental health benefits.
- Swimming is a great workout because you need to move your whole body against the resistance of the water.

Swimming for recreation

Swimming is a great recreational activity for people of all ages. Recreational swimming can provide you with a low-impact workout and it's also a good way to relax and feel good. Common swimming styles in recreational swimming are breaststroke, backstroke, side stroke and freestyle.

Health benefits of swimming

Swimming is a great workout because you need to move your whole body against the resistance of the water.

Swimming is a good all-round activity because it:

- Keeps your heart rate up but takes some of the impact stress off your body
- Builds endurance, muscle strength and cardiovascular fitness
- Helps maintain a healthy weight, healthy heart and lungs
- Tones muscles and builds strength
- Provides an all-over body workout, as nearly all of your muscles are used during swimming.

Other benefits of swimming

Swimming has many other benefits including:

- Being a relaxing and peaceful form of exercise
- Alleviating stress
- Improving coordination, balance and posture
- Improving flexibility
- Providing good low-impact therapy for some injuries and conditions
- Providing a pleasant way to cool down on a hot day
- Being available in many places – you can swim in swimming pools, beaches, lakes, dams and rivers. Make sure that the environment you choose to swim in is safe.



Some general tips for swimming

Before you dive in:

- Make sure you know how to swim.
- Choose a safe environment.
- Warm up and stretch your muscles and joints before entering the water.
- Have plenty of fluids on hand and drink regularly.
- Don't overdo it if you're just starting out.
- See your doctor if you haven't exercised for a long time.

Where to get help:

- Local leisure centres, public pools and swimming clubs
- Swimming Australia Tel. (02) 6219 5600

Things to remember

- As well as being fun, swimming is a great way to keep fit and well and make friends.
- Swimming is a healthy activity that you can continue for a lifetime.
- Swimming is a low-impact activity that has many physical and mental health benefits.
- Make sure you know how to swim and do so in a safe environment.

Reference: www.betterhealth.vic.gov.au

