

## We all know swimming is good for our health, but how good?

We took the liberty of sharing with you the top 10 benefits of swimming, knowing that there are many, many more!



### The Ability to Do More with Less



**1. Good exercise:** Swimming helps you exercise most of your body parts without straining your joints.

**2. Endurance:** Swimming competitions are the best way to test and improve your endurance. The longer you swim, the more your body tolerates hard workouts.

### Increased Muscle Tone and Strength



**3. Body strength:** Swimming not only tones your muscles, it also helps strengthen your bones, especially at an advanced age.

**4. Improves Asthma**  
Swimming helps asthma patients in avoiding asthma attacks; it helps in their breathing methods and can improve their condition in general.

### Improved Flexibility



**5. Osteoarthritis:** If your joints hurt and your muscles are stiff, swimming is perfect to lower the pain; in the pool your body weight decreases, and reduces the pressure over your muscles and joints.

**6. Fitness:** Swimming burns about 450 to 950 calories per hour; it all depends on your pace.



Swimming offers something no other aerobic exercise does: the ability to work your body without harsh impact to your skeletal system. When the human body is submerged in water, it automatically becomes lighter. When immersed to the waist, your body bears just 50 percent of its weight; dunk yourself to the chest and that number reduces to around 25 to 35 percent; with water all the way to the neck, you only have to bear 10 percent of your own weight. The other 90 percent is handled by the pool.

### **A Healthier Heart / Improved Cholesterol**



**7. Recover Muscles:** After an intense out-of-the-pool workout, Swimming helps your muscles in their recovery as it restores your body's blood movement.

**8. Relax:** Swimming releases endorphins and has the same effects as yoga on the human body, thus helping in relieving stress.

### **Lower Stress, Higher Spirits and a Better Brain**



**9. Self-improvement:**

Swimming teaches you discipline and sportsmanship. It gives you a healthy competitive edge, by pushing you to overcome your peers and/or yourself.

**10. Cool off:** Swimming is the best way to cool off in the sizzling hot summer; no matter how high the temperature is, water never fails to freshen you up!