

# Ten Reasons to Start Swimming

August 9, 2010 issue  
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Even though the hot summer days may be fading, it's never too late to start swimming for exercise. You don't need to own a pool to swim. Many neighborhood high schools, county parks, or local YMCAs offer open swim times for indoor or outdoor lap pools. Here are 10 reasons to dive in to swimming:



1. **Help Your Heart** – swimming is a great way to strengthen your heart and lung muscles
2. **Boost Your Metabolism** – swimming helps build longer, leaner muscles which in turn burn more calories
3. **Cross-Train** – swimming take the stress off your joints and helps your muscles recover from higher-impact activities like running to lessen your risk of injury
4. **Improve Your Flexibility and Balance** – swimming can prevent muscle tightness and soreness
5. **Strengthen Your Core** – swimming improves core body strength by using all the body's muscles simultaneously
6. **Increase Your Endurance** – swimmers are usually able to train for longer periods of time than they can sustain in other activities so more calories can be burned
7. **Experience a New Adventure** – look for new and challenging bodies of water to swim in like lakes, oceans, ponds or quarries; consider taking a water aerobics class to work out in a fun, new way
8. **Meet New People** – consider joining a swim team to challenge yourself and compete with others
9. **Lose Weight** – people who consistently swim laps hard enough to raise their heart rate will burn calories and lose weight
10. **Enjoy a Lifetime Activity** – anyone at any size can learn to swim and reap the benefits listed above. You can swim at any age and people with other medical problems like arthritis or pregnancy, can also benefit from swimming.

**So what are you waiting for...take the plunge!**

Source: [www.24hrfitness.co.uk/fitness/the-benefits-of-swimming](http://www.24hrfitness.co.uk/fitness/the-benefits-of-swimming)

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