

## **The Advantages to Swimming!**

### **Swimming is a part of many people's everyday life.**

Beginning swimmers need to know that ones resting heart rate decreases 10 beats per minute in water, and maximum heart rate decreases by 10 to 30 beats. The heart puts out just as much blood as in other exercises because it pumps more volume with each stroke, but more slowly. A great thing about swim meets is the camaraderie between the swimmers. Each swimmer is vying for first place, but the emphasis becomes more about beating yourself. Swimming is undoubtedly the most worthwhile exercise as no other sport or activity allows you to utilize as many muscles as you do in swimming.

By choosing enclosed swimming pools, you're not only adding a pool to your life, but you're also adding a place where you can relax and hide away from the world. Many Adults think that they are too old to swim competitively. From a fitness standpoint, swimming has physical and mental benefits. And whereas some people with physical limitations cannot perform land exercise, water exercise offers a perfect fitness fit. Many people understand swimming as a great pleasure and enjoy every time they go the beach or swimming pool. Mainly the upper body strength because you are constantly moving your arms and legs in order to get from one end of the pool to another. Its great in summer because when it gets really hot, just jump in the pool for a workout and cool down.

Swimming is a very honest sport. This sport uses almost all major muscle groups and places a vigorous demand on your heart and lungs, it's better than any training machines that usually use only one group of muscle. Pool water becomes more balanced due to lowered chemical use. Seldom requires brushing. Less vacuuming due to constant coagulant effect. Less backwashing. The pool remains free from bacteria, viruses and algae. The use of chlorine is reduced, and so are its harmful by-products (chloramines, chlorinated hydrocarbons). The use of pool chemicals that are harmful to the environment are reduced (chlorine, acids, alkalis) or made redundant (algaecides, flocculent/coagulant).

What are the advantages of the swimming?

- Swimming does not put the strain on connective tissues that running, aerobics and some weight-training regimens do.
- It is extremely good for your lungs.
- Swimming is a healthy activity with both physical and mental benefits.
- One of the first advantages of saltwater swimming pools is the level of comfort you experience. Salt is softer on your skin than chlorine.
- Cancer and asthma-causing chlorine use may be reduced by up to 75%. Algaecides and flocculants may be eliminated completely. Less chemicals means healthier pool water.
- Better muscular endurance and balance.
- Swimming exercise is great for lowering blood pressure, easing depression and stress, and losing extra weight.
- The breast stroke will help tone your abs and upper arms.