Why Swimming is Good for You

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by SaraliAdoki

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It is good support to any weight loss program and one of the most result generating exercise too. It is not boring and as repetitive as other exercises and it is something that anyone trying to shed weight and keep healthy should think of.

Swimming is also a great opportunity to spend a fun time with your friends while being highly beneficial to your health at the same time. Whether you go to the beach or the pool, either way is just as good for its tremendous health benefits. Water parks can also offer a great way to combine these benefits with spending time with the family. The fun you will have doing this will make it far more motivational than most other exercise activities that you can participate in.

Since swimming is a low-impact exercise it is straightforward and simple and does not fatigue your body as much as other exercises. It is also something that almost anyone can do without encountering any problem. With swimming, you are not required to balance weights or take part in other tasks that may be demanding and repetitive.

Since it does not require a great deal of effort, a regular practice of swimming will help to boost your endurance, up your muscle strength and keep a healthy heart rate. To give some statistics; you can burn off three calories in one mile per pound of body weight. This means that in one hour of fast swimming you would burn almost one-thousand calories, but even slower, more relaxed swimming will have an enormous benefit to your health and weight loss program.

Complimenting swimming with other exercises is a good idea, since swimming can help you prepare for other, harder land exercises. A few laps a day of an average sized swimming pool will help to increase your heart-rate and tone your muscles. Swimming after other exercises is a perfect and refreshing way to relax.

Swimming keeps your mind focussed and refreshes the mind too, since it is, in the respect, a form of meditation. It helps to give you confidence, motivation and betters your attitude. Incorporating this into your regular routine will reward you with many benefits and great changes to your lifestyle.

More Information

The author has written more swimming articles at his blog, Learn how to swim. You can also read articles on how to swim for beginners and swimming supplies