Health Benefits of Swimming

Swimming is an excellent activity to get a great work out while still having fun!

Swimming is an aerobic exercise, which means that it is a physical activity that increases the heart and the body's use of oxygen. It is a full body workout as all muscles in the body are used when swimming, this is also beneficial since the pressure is evenly distributed and does not cause strains on only one part of the body.

Being underwater means that our body is somewhat free from the force of gravity. This makes swimming an ideal exercise for individuals that experience pain during weight bearing exercises such as running. Being in water reduces the stress on joints causing it easier to be physically active for a longer period of time. Swimming is also beneficial for individuals that may get too hot and uncomfortable when exercising as the water allows to keep the body cool at all times. The parts of our body that are worked out during swimming include but not limited to legs, upper body, core muscles, and back. The engagement of back while swimming is an excellent way to improve our posture and also prevent back injuries and pain. One 30-minute session of swimming can also burn a good chunk of calories, depending on your weight!

Swimming has also been associated with release of feel-good emotions due to the sound of water and our controlled breathing. This gives an illusion of calmness and makes you feel like you are meditating. Furthermore, since you can't really use your phone while swimming, it is a great way to take time for yourself away from any distractions like social media. If you are thinking about incorporating swimming in your lifestyle, start slow by completing shorter sessions. This can be achieved by setting goals such as 30-minute swimming sessions twice a week. Depending on how you are feeling, you may slowly increase the sessions!

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