

Benefits of swimming essay



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Swimming is a healthy, low-cost activity that you can continue throughout your life. Swimming is a low-impact activity that has many physical and mental health benefits. Swimming is a great workout because you need to move your whole body against the resistance of the water. Our nation is surrounded by water and swimming is one of our great passions. As well as being fun, swimming is a great way to keep fit, stay healthy and make friends. Everyone should learn how to swim. Swimming gives a wide range of benefits for people of all age groups. Swimming is a healthy activity that you can continue for a lifetime. So now, let me tell you the benefits of swimming.

Increased Muscle Tone and Strength

Did you guys ever see a flabby dolphin or a weak-looking competitive swimmer? We didn't think so. That's because swimming is a great way to increase muscular strength and muscle tone — especially compared to several other aerobic exercises. Take running, for example. When a jogger takes few laps around the track, that jogger is only moving his or her body through air. A swimmer, on the other hand, is propelling himself through water — a substance about twelve times as dense as air. That means that every kick and every arm stroke becomes a resistance exercise — and it's well known that resistance exercises are the best way to build up muscle tone and strength. If you are menopausal, swim! It will improve your bone strength.

A Healthier Heart

Because swimming is an aerobic exercise, it serves to strengthen the heart, not only helping it to become larger, but making it more efficient in pumping

— which leads to better blood flow throughout your body. Aerobic exercises have also been proven to combat the body's inflammatory responses that lead to heart disease. If that's not enough to get you moving in the pool, the American Heart Association reports that just 30 minutes of exercise per day, such as swimming, can reduce coronary heart disease in women by 30 to 40 percent. Additionally, an analysis by the Annals of Internal Medicine showed that regular aerobic exercise could reduce blood pressure, swim away high blood pressure, live longer, and avoid coronary heart diseases.

Reduces Stress On Your Bones

Swimming, when done regularly, also prevents injuries because it reduces stress on your bones, joints and connective tissues. That is the reason why athletes include swimming in their daily exercises. Our body is not just the one that benefits when we do regular swimming. Experts say that swimming also relaxes and conditions our mind. It reduces stress which is one of causes of heart diseases and the like. People who suffer from injuries, back pains, arthritis and disabilities who cannot engage themselves into different forms of exercise can do swimming since it doesn't require heavy motions. It is also advisable for pregnant women to undertake swimming because it conditions the body and reduces back pains and other pre-natal syndromes. For expecting mothers who is in the last few months of their pregnancy, they can use inflatable swimming pools to do this exercise.

Everyone should give swimming a try at least once in their life. It might not become a lifelong passion for everyone but it will for a select few. Enjoy the health benefits of swimming and live a healthy lifestyle. Getting sick is

prohibited because it will not just cause burden to you and your family; it will also affect your life in ways you cannot imagine. Take care of our health because it is the only precious thing you can have in this world. So, to sum everything up, everyone can benefit from learning how to swim. Why should we be a swimmer?

- Swimming is an outstanding activity for people of all ages.
- Swimming promotes fitness and teaches a child to strive for physical achievement. Many super-stars in other sports started out as swimmers and gained strength and coordination that helped them to excel.
- Swimming is an exciting individual and team sport.
- Swimming is a technical and specialized activity involving extensive skill development.
- Swimming is a healthy “ lifetime” activity. Participants may be 1 or 101 years old.
- Swimming is relatively injury free in comparison to other youth sports.
- Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates and coaches.
- Swimming motivates participants to strive for self improvement and teaches goal orientation.
- Swimming cultivates a positive mental attitude and high self-esteem.

- Swimming can prevent drowning.