

Cardiovascular exercise in swimming essay



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One of the disadvantages of running is that there is a constant striking motion as your feet hit the pavement or the treadmill belt so that results in quite a bit of wear and tear on the joints. Since, this would be a disadvantage of running, there have been complaints of arthritic pain or joint deterioration can be due to excessive running.

Even from the study that running and jogging has its downfalls, it is still considered the best forms of articulators exercise. Another form of cardiovascular exercise known is swimming. Swimming is one of the easiest exercise on the joints and it also an excellent alternative for those who have an existing injury and cannot manage other forms of exercise. Swimming also works every muscle in the body, when different strokes are used.

As always there are disadvantages to many forms of cardiovascular exercises. So, what would be the disadvantage of swimming? Swimming may be the easiest form of cardiovascular exercise but after winning, the body often stops burning high amounts of calories. Swimming is not like the other forms of cardiovascular exercises because the body continues to burn calories for several hours. Even with the disadvantages of swimming believe that it would be a great exercise for many people who want to try cardiovascular exercises. Cardiovascular exercise is great for many people and has been known to be the best form of exercise when it comes to preventing diseases or a healthier lifestyle.