

Swimming: Make a splash for health

Swimming, just like biking, walking and running, can be a great way to get exercise. Swimming is something people of all abilities can do. If you swim safely, it can be a good way to get aerobic, heart-healthy fitness. Your local community swimming pool is a good place to start your journey in the water.



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Quick facts on swimming:

1 Swimming is a low-impact activity. That means it does not put too much pressure on your joints. It can be very good for people who have arthritis as well as pregnant women, experts say.



2 Water-based exercise such as swimming can have a good effect on your mental health. When parents and kids exercise together, it can strengthen their bond.

3 Working out in the water can also benefit people with disabilities. Experts say that the water helps to support your body. That helps you move your joints gently.

4 You should try to work up to swimming 150 minutes per week. That equals about 30 minutes, five times a week. But you can break up the time in whatever way works for you, experts say.

5 Always make sure you swim with a lifeguard on duty. If you are new to swimming, stay away from deep waters. Take steps to keep yourself safe in the water.



>> For more information on swimming, visit www.cdc.gov/healthywater/swimming