BioGuard®

benefits of Swimming

Have you ever heard that swimming is one of the best forms of exercise for your body? It's true, but do you know why? Here are some of the benefits of swimming...

- Swimming uses all the major skeletal muscle groups and places a vigorous demand on your heart and lungs.
- Swimming develops muscle strength and endurance and also improves posture and flexibility.
- Swimming is helpful for people who are overweight, pregnant or with leg or lower back problems.
- Swimming is a great sport for people of all ages and proficiency levels.
- Swimming provides most of the aerobic benefits that running does, with many of the added benefits of resistance training.
- Swimming does not put the strain on connective tissues that running, aerobics and some weight-training regimens do.

According to the American Heart Association, just 30-60 minutes of physical activity 3-4 days per week can help reduce your risk of heart disease, stroke and diabetes.

Regular swimming builds endurance, muscle strength & cardio-vascular fitness.

active lifestyle

An active lifestyle can help prevent the following health problems:

- Hypertension
- High cholesterol
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea
- Respiratory problems
- Some cancers

healthy lifestyle

Overweight adolescents have a 70% chance of becoming overweight adults. This increases to 80% if one or more parent is overweight. Let's set the example for our children and lead an active healthy lifestyle – how can we do this?

Be physically active yourself.

Plan family activities that revolve around exercise (such as swimming!).

Reduce the amount of time spent on sedentary activities such as television and video games.