

[IMAGE]

Swim With a Purpose

By Editorial Staff

Summer's right around the corner and that meaning bathing-suit season; time to show off your in-shape, healthy body. But don't just lounge around the pool, beach or lake this year; keep your body in shape year-round with the perfect summer exercise: swimming. Why is swimming so important to good health? Here's why, courtesy of the Centers for Disease Control and Prevention (CDC):

- For starters, swimmers have approximately half the risk of death of non-swimmers. If that's not your first reason for jumping in the pool and doing a few laps, you may need to rethink your priorities.
- Swimming is great way to get regular aerobic activity, which has been proven to reduce the risk of chronic illnesses including type 2 diabetes, obesity and cancer.
- If you're already suffering from a chronic illness, swimming may help improve symptoms, particularly symptoms caused by conditions that make it difficult to perform traditional exercise (e.g., arthritis).
- Swimming improves mood and reduces depression / anxiety.
- Swimming is a great way to lose weight because it provides a full-body workout. Doing freestyle laps in a pool burns anywhere from 450-700 calories or more an hour, depending on the intensity / speed.

So, need any more reasons to hit the water this summer – and all year round? Swim with a purpose and reap the myriad health benefits. Talk to your doctor of chiropractic about swimming and other great ways to improve your cardiovascular fitness and maintain an ideal body weight – and have a great time doing it!

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