Some of the health benefits of swimming

Swimming is good exercise (that's obvious). Swimming is a lifetime sport that benefits the body and the whole person! But what is it that makes swimming good, specifically? That depends on what you are trying to accomplish.

Swimming is a healthy activity that can be continued for a lifetime - and the health benefits swimming offers for a lifetime are worth the effort it takes to get to the pool.

Regular swimming builds endurance, muscle strength and cardio-vascular fitness (heart and lungs). It can serve as a cross-training element to your regular workouts.

If an injury prevents you from putting weight on a knee or ankle, swimming can help you. Kicking workouts, water aerobics, pool running, or a regular swimming workout can all give you a great exercise session without the weight of your body pounding you with each move.

Swimming does burn calories at a rate of about 3 calories a mile per pound of bodyweight. If you weigh 150 lbs. and it takes you 30 minutes to swim one mile (1,760 yards or 1,600 meters), then you will be using about 900 calories in one hour. However, many swimmers do not swim that quickly, and many cannot swim for that distance or duration.

There are other psychological benefits to swimming, if you allow it to occur. Relax and swim with a very low effort. Let your mind wander, focusing on nothing but the rhythm of your stroke. This form of meditation can help you gain a feeling of well-being, leaving your water session refreshed and ready to go on with the rest of your day. Many swimmers find an in-direct benefit from swimming. They develop life skills such as sportsmanship, time-management, self-discipline, goal-setting, and an increased sense of self-worth through their participation in the sport. Swimmers seem to do better in school, in general terms, than non-swimmers as a group.