

Why Swim?

By Glen Bradburn, Swim Instructor

Swimming is a great way to exercise; one that I've enjoyed for thirty-five years. While swimming laps may slightly be monotonous, it's a great low impact workout. Swimming can be a tool for rehabilitation to injury, a great cardio or stress reducing workout. Regardless of what kind of shape you're in, swimming has many benefits that suit just about everyone.

When dealing with injuries, swimming is a great way to rehabilitate. Because the water removes some of the weight during exercise, it creates very little impact to recovering joints. Recently I had both hips replaced and was in the pool just ten days after the surgery. To rehabilitate my knee after an ACL replacement, I again turned to swimming - which got me back on the ski slopes seven months after the procedure.

As a cardiovascular exercise, swimming has the potential to burn between 350-420 calories per hour! Water exercise is excellent for building stamina as well as a form of muscle toning. You can mix up your activities in the pool to isolate specific muscle groups by using kick boards, fins and hand mitts. With these it becomes a great way to cross-train for other sports.

Swimming can also be very relaxing and therapeutic. It has been suggested that this is because in development, a fetus is enveloped in a fluid environment. In addition, our bodies are made up of roughly 60 percent water. Water has been able to soothe and calm the mind for hundreds of years.

If you are interested in adding swimming to your workout plan, there are adult swim lessons available (group or private), as well as swim conditioning classes. Please contact the sports desk for more information.

