

Name:

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Course:

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Benefits of Swimming

Swimming is the best activity for people of all ages because it involves movement of most parts of the body keeping them fit. Swimming is a healthy lifestyle activity and exciting individual and team sport. It teaches cooperating with officials, coaches, and teammates. In comparison with other sports, swimming is almost an injury-free activity. Not only does swimming have many positive effects on human, but also it can help a person improve one psychological health and overcome depressions or daily stresses.

Swimming requires continuous training, exercise, and dedication over a long period. According to Nagle, swimmers have higher spirits and a better brain, lower stress and a healthier heart (21). Being an aerobic exercise, swimming helps strengthen the heart by increasing the size of lungs. Bigger lungs are more efficient in pumping, which leads to a better blood flow in the body. Swimming requires much concentration, so it can help people forget about their problems and concerns making them happier and relaxed. By the end of their trainings, swimmers usually have higher spirits, better brain, and lower stress. Swimming cuts weight, lowers the risks of diabetes, and improves flexibility (Nagle 25). The activity burns excess calories making swimmers lose weight and making a swimmer's body mass index read normal (BMI). People having a normal BMI are at a lower risk of diabetes, and because of continuous exercise, their bodies become stronger and more flexible.

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Swimming is not all about competition or the sports side of it, but it also helps in relaxing and improving health of the swimmer. Swimming is an injury free exercise that requires less energy to gain good health over a period. Since swimmers have higher spirits, lower stress, and healthier heart, their lives become more enjoyable. In addition, swimming helps cut weight, lower risks of diabetes, and improve flexibility. People who swim from time to time tend to leave a longer, more peaceful, and more enjoyable life than those who do not.

Work Cited

Nagle, Jeanne. *What Happens to Your Body When You Swim*. New York: Rosen Central, 2010.

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