



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Libertate Insurance



## BENEFITS OF SWIMMING

According to the Centers for Disease Control and Prevention, swimming is the fourth most popular recreational activity in the United States, and for good reason. Swimming is an aerobic exercise that has been linked to tremendous health and wellness benefits.

### Physical and Mental Health Benefits

Swimming helps you feel good both emotionally and physically. Incorporating swimming into your routine can give you:

- **A full-body workout**—Swimming can increase flexibility, as well as help build and tone muscles—specifically your glutes, arms, core, back and legs.
- **An intense calorie burn**—Going on a leisurely swim for 30 minutes can help you burn over 200 calories.
- **A relaxed body and mind**—The constant stretching and flexing of your muscles while swimming can relieve pressure on your body, helping you feel more relaxed.
- **A relief from stress, depression and anxiety**—Working out releases endorphins, hormones that give you the feeling of being happy.

### Accessibility

Swimming is a low-impact sport, ideal for people with injuries, disabilities and chronic illnesses. Unlike other physical activities, swimming actually alleviates pressure

on your joints and muscles. Additionally, water supports about 90% of your body weight when swimming, making it easier for you to perform different motions.

### Fighting Chronic Conditions and Diseases

Not only does swimming make exercise accessible to those with restrictions, but it can reduce and even prevent certain diseases and chronic conditions from happening at all. Swimming has been shown to:

- Relieve and improve arthritis pain
- Decrease the risk of heart disease, Type 2 diabetes and stroke
- Lower cholesterol
- Enhance quality of life

### Anyone Can Do It

Swimming is a sport that people of all ages can get involved in. Check out your local recreation or fitness center to find the closest pool near you to get started on your journey to wellness.

