

SWIMMING AND PARASWIMMING FOR HEALTH AND WELLBEING

Swimming is a good all-round non weight bearing activity which helps build stamina, muscle strength and fitness. The constant upper and lower limb movement improves cardiovascular and respiratory fitness as well as toning your muscles. It is a great whole body work out that anyone can enjoy.

COMMONWEALTH GAMES FACT:

Swimming featured in the first Modern Olympic Games in Athens in 1896. Watch swimming and diving this Commonwealth Games at Sandwell Aquatic Centre.

General Wellbeing Benefits

Swimming is a moderate - vigorous intensity activity which means there are multiple benefits to your wellbeing:

IMPROVES

Sleep
Mood
Confidence & self-esteem
Memory and cognition

REDUCES

Stress
Irritability
Loneliness & social isolation
Fatigue

General Health Benefits

In addition to being fun and something you can do with your family and friends it has benefits to your health:

REDUCES RISKS IN

Many Cancers
Diabetes
Heart attack
Stroke
Dementia

HELPS & IMPROVES

Anxiety
Blood glucose levels
Cholesterol
Menopause
Joint & muscle pain

Swimming has specific evidence to improve:

Childhood asthma	Pregnancy
Blood pressure	Difficulty sleeping/ insomnia
Arthritis	Chronic pain/ fibromyalgia
Cerebral palsy	Pre-menstrual syndrome

Swimming and paraswimming counts towards the UK Chief Medical Officer's recommended 150 minutes of moderate, 75 minutes of physical activity or 2 days of muscle strengthening per week

GET INVOLVED

Where you can go swimming:
 Swan Pool and Upper Bittel Reservoir
 Leisure and wellbeing centres
 Schools, academies and universities
www.sportbirmingham.org

Other swimming opportunities:
 Aqua Aerobics/Fit/Zumba
 Synchronised swimming
 Water polo
 This Girl Can
 We Are Undefeatable
www.swimming.org

Author: Dr Lisa Hyland



A BOLDER HEALTHIER BIRMINGHAM