

DOT TO DOT



Swimming Facts

Regular swimming can help to reduce long-term health conditions such as heart disease and diabetes by up to 40 per cent.

Regular swimming can lower stress levels, reduce anxiety and depression and improve your sleep patterns.

Swimming improves heart health, lowers blood pressure, improves lung capacity, increases bone strength and reduces joint pain as it is a low impact sport.

Swimming is one of the most effective ways to burn calories: 30 minutes exercising in the water is worth 45 minutes of the same activity on land.

Facts from www.swimming.org/swimengland/key-swimming-statistics/

