

HEALTHY SWIMMING



SUPPORTING



The Olympics are coming and many of us will be inspired to get into the pool to improve our performances. We may not all have flipper feet, or be like a torpedo in the water, but nonetheless, swimming **CAN** be excellent exercise....

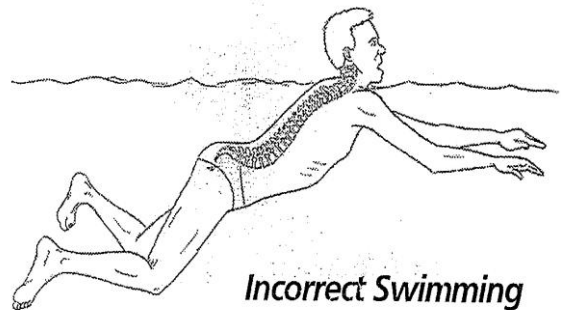
....if we swim properly.

The Advantages of Swimming

1. Everyone can **LEARN** to swim, both young and old, fit and disabled. It is an exercise that we can continue to do long after we may retire from more strenuous sports
2. Swimming is non weight-bearing, exercising the joints and muscles without high impact, making it an excellent exercise for many people with arthritis and other injuries.
3. Swimming is an excellent aerobic exercise and encourages a steady rather than rapid increase in cardiovascular activity and therefore is recommended for people with heart problems.
4. Swimming can give the best overall balance of the conventional fitness requirements: **STRENGTH, STAMINA and SUPPLENESS.**
5. It requires an integrated use of the whole body, so that it exercises many muscles, giving excellent body tone.
6. Water has relaxing and therapeutic properties that can make it calming and de-stressing.

The Danger of Swimming

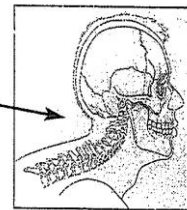
Unfortunately many of us do not swim properly and this can turn swimming from excellent exercise into being quite harmful.



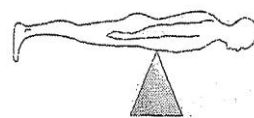
Once we can move through the water, most of us stop thinking about how we are swimming and do not continue to learn and swim in a healthy way.

Cervical Hyperextension

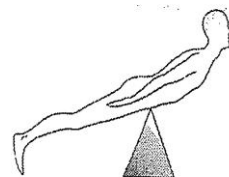
causing considerable tension



The greatest danger comes from trying to keep the head out of the water, putting considerable stress on the neck and shoulders and this then puts increased stress on the lower back.



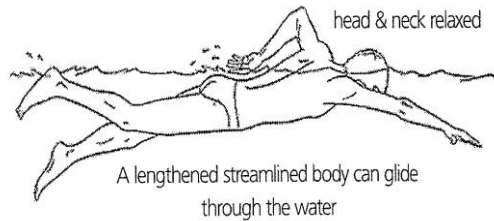
Head weight is 10 to 15 lbs



Raising the head out of the water encourages the lower body to sink, dragging in the water.

Good Swimming

Healthy swimming needs to be learnt and requires relaxation and calmness.



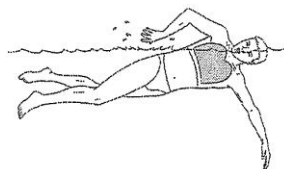
Correct Breathing

Breathing is vital to healthy swimming. A poor breathing rhythm is the reason many of us get out of breath and exhausted quickly. It requires good movement of the diaphragm.

Breathing is possibly the hardest part of learning to swim and comes naturally when the body is positioned well, with good technique.



Good positioning keeps the airways open, and helps the diaphragm to expand



Breathing Tips

Do not hold the breath. Keep breathing steadily while your head is out of the water. Always keep breathing out slowly whilst the head is under the water. Try not to gasp for air as you breath in or blow out too hard under the water.

Please give this to a friend or colleague if you think Chiropractic may help them.

Have them call us on **01276 21637**

Tips to Enjoy Swimming

Putting your face in the Water

It is necessary to be able to put your face in the water. If you are simply not able to do this then it may be better to find another exercise that you can enjoy safely or swim gently for only very short periods of time.

Use Goggles

Goggle technology has improved and there are many different types so persevere to find some that fit. Prescription goggles are readily available and need not be expensive. Contact your optician for details.



Other Aids

Water tight ear plugs are helpful for swimmers prone to ear infections or who have earache when the head is under the water.

Nose clips, whilst not generally recommended, can be used for sinus problems.

Chlorine can be a problem for some people and there is a wide variety of anti-chlorine hair care products.

Some newer swimming pools have reduced chlorine by treating the water with ozone.

Final Tips

Learn to swim and if necessary take lessons so that you learn the correct techniques. This will help to prevent injury and allow you to swim healthily for many years.

For more information contact:

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www.artofswimming.com

Amateur Swimming Association

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