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Working Towards Wellbeing

Swim for health

Tips to help you stick to your swimming programme

The toughest thing about starting any fitness programme is developing a habit.

Set your self a target and goals to achieve

Arrange to swim with a friend as this can help you to stick to it

Put "swimming appointments" on your calendar.

Keep a daily log or diary of your activities.

Check your progress. Can you swim a certain distance faster now than when you began?

Count the number of lengths you do to measure how far you are able to swim in one session

Join a club and try exercise classes in the water such as aquafit as an alternative to swimming

Don't exercise if you feel unwell or have any symptoms that worry you

Swimming is a great form of all-round exercise. It's ideal if you want to be more active and stay healthy, whatever your age or ability. Regular swimming will make you fitter, It can boost your mood and keep your weight under control. A 30 minute swim at moderate intensity (this means you feel slightly out of breath at the end of each length) uses 240 calories.

You'll just need a comfortable swim suit. A pair of goggles is a good idea to protect your eyes and to see where you're going under water.

It does not matter what stroke you or how fast or how slowly you swim at first. Start with a few length and add on 2 extras each time you go swimming. You will soon find it easy to swim 20 or 30 lengths of a pool in half an hour.

The goal of swimming for health is to gradually increase the amount of swimming you do in one session first.

Once you can swim for 30 minutes continuously, try to increase your speed so you are getting out of breath and can do more lengths in the time.

Find out the length of the pool and you will be able to calculate the distance you have swum each session.

Drink plenty of water before, during, and after exercise. Have something healthy to eat that includes carbohydrates about two hours before you start, and a healthy snack within 30 minutes of finishing, such as a banana, to replenish your energy.

