



LIFE MAGAZINES

MONTHLY A5 LOCAL LIFESTYLE MAGAZINES

FITNESS - **Swimming**

Swimming is a great way for people of all ages to keep fit. Most towns in the UK having a pool, the only kit required is a pair of trunks or a swimsuit and maybe a pair of goggles and the cost of a session is generally inexpensive. Many pools in Nottinghamshire offer free swimming sessions for under 16s and over 60s making it an affordable and fun activity for the whole family.

In Southwell we are lucky enough to have an excellent local pool at the leisure centre, with a teaching pool for learners and swimming lessons available for all ages and abilities. They offer a variety of sessions with something for everyone – choose from early mornings, lane swims, adults only, ladies only, parents and toddlers, over 50s, fun swims, swim with crèche, disabled, Aqua Fit and Aquanatal and general public swims.

Swimming is a great way to tone up and trim down, with most of the major muscle groups being used when you swim lengths, giving your body a good cardiovascular workout, especially if you swim at a fast pace. It strengthens heart muscles, improves delivery of oxygen to different parts of the body and improves strength and flexibility. It enhances muscular stamina and balance and can be an effective form of fat-burning exercise, enabling a better physique.

Swimming is great for toning the whole body, particularly the legs, shoulders and upper arms. It can be continued throughout pregnancy (I swam right up to the end of my first pregnancy and felt fit and relaxed as a result).

The water supports your weight so takes the stress off your joints, unlike weight bearing exercise; this means swimming is ideal for those with arthritis or other joint problems or for those recovering from an injury which is preventing them from running or playing other sports.

So whatever your age, sex and condition – go on, take the plunge!

Veronica Quick