



## **Swimming CAN be a Good form of Exercise for Weight Loss**

Any type of aerobic activity will assist in burning calories and initiating weight loss. Swimming is a good option for many people and excellent during the warmer months. A 150-pound woman swimming at a moderate pace for half an hour burns about 270 calories – about the same as a whole hour of brisk walking. Swimming also works both upper and lower body muscles. For people with joint pain, swimming is much easier. On the other hand, swimming is not likely to strengthen bones since it's not a weight-bearing exercise. The main problem with swimming as a weight loss aid, however, is that many people are out of breath long before 30 minutes are over. Splashing around and hanging on the pool edge won't burn many calories. The key to a good swimming workout is to gradually increase your swimming time by taking a one- or two-minute break when needed and then continuing. Eventually, the optimum 30 minutes of non-stop swimming will be achievable. As with any exercise program, check with your physician before you start.

For more information on staying lean, contact your local **Health and Wellness Center**.

***Shape Your Future... Your Weigh!™***