

HEALTH & WELLNESS TIPS

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Fitness: Swimming

Swimming. It's probably one of the first fitness activities we associate with the summer season. What are its health benefits? Swimming can be both an aerobic and anaerobic activity. Distance swimming increases oxygen circulation in the blood contributing to fat loss. Swimming short distances very quickly develops lean muscle mass.

The same could be said of running. However, it lacks the low-impact appeal of swimming. In other words, because you are lighter (more buoyant) in the water, your joints, including elbows, hips, knees, and ankles, are not as stressed by exercise. This is of particular concern as we age or recover from a previous injury.

Are there any negatives inherent to swimming? Some studies indicate that swimming is less effective in weight loss than exercising on land. It's likely that cool water temperatures stimulate appetite while the higher body temperatures experienced while cycling or running depress appetite. So swimmers feel hungrier after their workout and consume more food. And the desire to eat increases with the coldness of the water.

Nevertheless, swimming still burns substantial calories with relatively little "penalties" on the bones, joints and connective tissue. And it's a fun way to exercise your way through the heat of the summer!

Sources: <http://swimming.about.com/od/swimworkouts/a/aerobicswimpace.htm>, www.thefactsaboutfitness.com/research/swimming.htm

Happy Independence Day!

"Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning."

Thomas Jefferson

Letter to his cousin John Garland Jefferson,
June 11, 1790



Calories Burned Per Hour

from www.mayoclinic.com/health/exercise/SM00109
Average for 160 pound person

- ◆ Walking (2mph)—183 calories
- ◆ Bowling—219 calories
- ◆ Walking (3.5mph)—277 calories
- ◆ Bicycling (<10mph)—292 calories
- ◆ Golfing (carrying clubs)—329 calories
- ◆ Jogging (5mph)—384 calories
- ◆ Swimming, laps—511 calories
- ◆ Rollerblading—913 calories



OLYMPIC TRIVIA:

Arrange the list of gold-medal winners chronologically from oldest to most recent:

Paul Hamm, Robert "Bob" Beamon, Brooke Bennett, George Foreman, Mary Lou Retton, Joe Frazier, Jennifer Capriati

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

ANSWERS: (1) Joe Frazier (Boxing: Heavyweight—1964) (2) Bob Beamon (Long Jump—1968) (3) Bruce Jenner (Decathlon—1976) (4) Mary Lou Retton (Gymnastics: All-Around 1984) (5) Jennifer Capriati (Tennis: Singles 1992) (6) Brooke Bennett (Swimming: 800 M Free-style—1996; 400m & 800m Freestyle—2000) (7) Paul Hamm (Gymnastics—All-Around 2004)