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Schools Need to Include Swimming as a Physical Exercise in Their Curriculam

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Swimming is the healthiest, challenging and forms of exercise you can do. Regardless of ability level and experience, people of all ages can swim. Swimming is the ideal activity for many who can no longer bear the high impact and joint stress of running or jogging. Swimming is the most popular sport all over the world. It is considered to be a good way to get regular physical activity. The risk of chronic dieses can be lessened only by having two and a half hour of physical exercise in a week. Physical activities like bicycling, swimming or running help to maintain sound health. It surprises me quit often that the field workers generally donâ€™t suffer from diseases like diabetes, heart attack or obesity.

It is only because of the fact that they are largely engaged in physical activities. Swimming is a particular exercise that people enjoy the most as compared to other sport activities. On water, we can exercise for a longer time than on land because when we are on water, less stress is laid on joints and muscles. It helps maintain the blood pressure and cholesterol of a person, thus ensuring the well being of the heart. Swimming improves the elasticity of the joints and provides the scope for boosting physical activity workout level. As swimming engages all large body muscles to work, so it is considered to the best whole body workout.

Swimming is also one of the most effective exercises for toddlers and teens. It may sound easy to teach children how to swim, but in practicality itâ€™s not so. As children catches things very quickly, so parents should teach their kids how to swim in a very early age. When parent-child swims together, it appears as a playful activity to children, allowing the children to learn to relax and enjoy themselves while increasing their sense of security and independence in the water.

Studies on child development revealed that those children who practice swimming in the first two years of their lives, develop a greater sense of their surroundings and become more creative and observant. Swimming strengthens cardio-respiratory system as the baby makes use of their heart and lungs. Children do best by role modeling. Children learn things best when they are with their friends. Parents can thus make a particular routine in a week when other children can also join their child in swimming activities. Seeing other children playing in the water and having fun usually relaxes even the most reluctant swimmer.

Swimming is effective in reducing anxiety. Water is a tender environment, and swimming emphasizes gentle and repetitive motion. So those children, who normally withdraw from stimulating activities, can draw benefit from swimming. The gentle pressure of water on the body helps calm some children with autism spectrum disorder, and the insulating quality of water reduces potentially enervating noise when children swim underwater. Parents also can take their children to formal swimming classes. This is most beneficial for children who are shy in nature. This gives them a chance to the children to socialize with others out of their school environment. Any kind of movement in the water is building muscle, no matter how slowly or how fast.

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