Health Benefits of Swimming

- Linked to better cognitive function

- Lower risk of Type 2 Diabetes

- Decrease the risk of chronic illness

- Lower risk of high blood pressure

- Reduces joint inflammation

- Improves memory function

- Helps combat obesity

- Improves coordination, flexibility, balance & posture

- Builds endurance, muscle strength & cardiovascular fitness

- Slows down aging

- Provides all over body workout

- Improves oxygen & blood flow to the brain

Don't forget to warm up & stretch those muscles before swimming!

Hounds for Heroes

TOGETHER WE CAN