



Summer-Splash! Swimming is an Excellent Low-Impact form of Exercise, Offering a Way to Get & Stay in Super-Shape this Summer!

June 25 2014 8:55 AM

Summer-Splash!

Welcome to the World of Splash!

Swim yourself to excellent health this Summer!



Swimming Health Benefits:

- Excellent Low-Impact form of exercise
- Joint-friendly
- Works the Heart & Lungs
- Boosts Circulation
- Important Therapy for Injury recovery
- Part of therapy Rehab Programs
- Offers Resistance training

And more!

Medical Caution: Swimming may not be recommended for everyone or for every injury. As always, consult with your medical team!

Swimming is fun, for the whole family!

Just remember! Re-apply your Sun Protection after getting wet!

Let's Splash our way to Super-Shape this Summer!

Seize the Day!

Holly Fairfield

Primary Source: MedicineNet, June 19

..01.0.
