

# SWIMMING IS LIFE.



“The water is your friend. You don't have to fight with water; just share the same spirit as the water, and it will help you move.”

- Aleksandr Popov, Olympic Swimming Gold Medalist

Swimming isn't just exercise; it's a way of life. Dive into a world of fitness for all ages and abilities, with profound and diverse benefits

## Physical Benefits of Swimming:

- Engages all your muscles, offering a comprehensive, full-body workout.
- Boosts cardiovascular fitness and muscle tone whilst being low impact.
- Aids in maintaining a healthy weight, and promoting heart and lung health.



But did you know **Swimming is ALSO..**



## MEDITATIVE

Swimming can help you find solace amid the chaos of daily life. Each stroke becomes a meditation, and every breath a rejuvenation.



## PHYSICALLY THERAPEUTIC

Offering low-impact relief and therapy for various injuries and conditions, swimming enhances endurance and flexibility.



## FUN

From cooling down on a hot day to feeling the thrill of smashing your body through waves, swimming is fun and provides opportunities to connect with family and friends.



## Water Safety and Practice

Just like any skill, getting good at swimming takes practice. Keep water safety in mind for a safe and enjoyable swimming journey.



## A COMMUNITY

Being a swimmer means being part of a club. Join the movement and experience the health and mental wellbeing benefits of being a member.

To find out more about swimming as part of your Fitness Passport membership, go to [www.fitnesspassport.com.au](http://www.fitnesspassport.com.au)