

# Benefits of Swimming for Seniors

Having a weekly workout routine is important for all ages. The benefits of exercise are numerous, and include improved heart and cognitive health, a lowered risk of injury and even increased longevity. Getting our bodies moving and our hearts pumping helps our mind, bodies and spirits. There are plenty of ways to get daily exercise, however, for older adults, swimming is one of the most optimal forms of activity for senior health.

## Health Benefits of Swimming for Seniors

There's no denying that exercising can become more difficult the older you get. You may find you're not able to move like you once could, or exercises you once loved are now too jarring on your joints. Swimming is a low-impact exercise that incorporates all muscle groups, giving you a total body workout.

A few good reasons to incorporate swimming into your workout routine include benefits like:

### Enhanced muscle strength and tone

Water provides natural resistance, engaging your muscles as you swim or exercise. Like weight-training, the natural resistance of water helps you build muscle and improve strength. Swimming laps engages your whole body, forming long, lean muscles with each stroke.

### Improved heart strength

Swimming is a cardiovascular exercise that strengthens your heart overtime. By incorporating swimming into a regular exercise routine, your heart strengthens and blood flow improves. This enhanced blood flow to your brain and extremities can improve your overall health and well-being.

### Boosted mental health

When more blood is flowing through your body, oxygen to the brain increases and boosts your mental health. Swimming is also a sport that can be shared by all ages, so by inviting your friends and family to join with you, you'll build relationships and lasting memories - while encouraging a happier outlook on life.

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## Less joint pain

If not done properly, lifting weights can cause serious problems for older adults' joints. Using the natural resistance and buoyancy of water can reduce stress on your joints. Lessen jarring joint movements and pain by moving your exercise routine to the pool.

## Improved flexibility and posture

Flexibility is important as you age, as staying flexible helps prevent back and neck issues. The buoyant nature of water increases flexibility and lessens stiffness and pain. In addition, the muscles used in swimming, particularly the ab and back muscles, promote improved posture.

## Lower risk of osteoporosis

Osteoporosis is a condition resulting in a loss of bone density and strength. Especially affecting women, osteoporosis can worsen with age. Swimming can help fight osteoporosis by providing the weight-based exercises needed to reduce the progression of osteoporosis and increase strength.

## Water Exercises for Seniors

Of all forms of water exercise, simply swimming is one of the best. But if swimming laps is not your thing, there are many water exercises to choose from. Water aerobics or resistance classes are great cardio workouts that build heart and muscle strength. Water aerobics can consist of walking, dancing or other aerobic moves, making it a unique routine that allows for many variations. With the natural resistance water provides, doing lunges or shoulder presses while in the water will engage large muscles groups with little strain.

## Enjoy a Swim and an Engaging Lifestyle at The Oaks at Denville

At The Oaks at Denville, you'll find multiple options for water-based exercises to get your heart pumping. Go for a swim, join a class, or simply

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play with your grandkids in the [heated indoor pool](#). Improve your health and happiness while enjoying time with the ones you love. Learn more about the vibrant [living options](#) and [lifestyle](#) we offer at our continuing care retirement community in Denville, New Jersey - [contact us](#) for your personal tour today!