

# IS **SWIMMING** PART OF YOUR PRESCRIPTION?

WATER-BASED PHYSICAL ACTIVITY IMPROVES PHYSICAL AND MENTAL HEALTH THROUGHOUT LIFE — CDC

**SW KING COUNTY'S HEALTHY LIVING ASSET**

**mrp**  
mount rainier pool



A VITAL HEALTHY LIVING ASSET  
SINCE 1975

## HOW WATER EXERCISE CAN HELP YOUR PATIENTS

### PHYSICAL BENEFITS

- Improved flexibility and strength
- Builds endurance
- Increases muscular flexibility
- Muscular balance
- Heart muscle becomes stronger
- Improves the physique
- Increases circulation
- Rehabilitates muscles
- Improved ability to control and maintain healthy weight
- Swimmers are 88 percent less likely to drown

### SOCIAL BENEFITS

- Have fun
- Fellowship with other people
- Enjoyable - even when working hard
- It is a safe program

### PSYCHOLOGICAL BENEFITS

- Helps develop positive attitude (individually and as a group)
- Contributes to a feeling of well-being
- Teaches patience
- Releases stress and tension
- Renews energy

Source: The United States Water Fitness Association

## SWIM INSTRUCTION



Classes by the Aquatic Management Group Swim School

## FITNESS TRAINING



Flow Motion aquatic fitness classes by FITT Balance

## WATER AEROBICS



Classes by the Mount Rainier Pool staff

## COMPETITIVE SWIMMING



Team swimming by KING Aquatics and Mount Rainier High School

## WHY HEALTHCARE PROFESSIONALS RECOMMEND WATER EXERCISE

Swimming is **easy on the joints**, which makes it an activity that can be enjoyed from childhood to exercise well into one's senior years. It incorporates flexibility, muscle strength, agility and cardio. Joints are protected from stress and strain by your buoyancy. The Arthritis Foundation recommends swimming and water aerobics classes specifically for this reason.

Swimming **improves both heart strength and oxygen consumption**. Aerobic exercises in the pool are often recommended for those recovering from a heart attack as swimming helps improve circulation and lowers blood pressure.

Swimming **helps with recovery from injuries**. Injured athletes are frequently told to swim to maintain their fitness level. Swimming helps them stay in shape, and aid rehabilitation.

Swimming is a **great way to stem the epidemic of childhood inactivity and obesity**. Promoting fun activities such as swimming helps steer children suffering from obesity towards developing healthy habits. It's a great workout and provides all the benefits a child needs for physical and mental well-being.

Swimming is **the ideal exercise** for children of all ages. Adults can feel like kids again as you don't need to be naturally athletic to swim laps, play games or exercise in the pool. In some cases, **you don't even have to be able to swim!** Shallow water aerobics can even be enjoyed by those who can't swim a stroke.

Community members of all ages, physical and mental conditions rely on **Mount Rainier Pool** for swim lessons, water safety, aquatic therapy and fitness. We offer:

**Swim Lessons:** Our instructors work shorter distances and more repetitions to provide students with the proper swimming foundation. Our student to teacher ratio is 4-1.

**Water Fitness:** Full body rhythmic exercises including water aerobics designed to provide cardiovascular benefits.

**Competitive Swimming:** The opportunity to train and compete with the best is offered through the King Aquatics and Mount Rainier High School swim programs.

**Lap Swimming:** For proficient swimmers who want to individually maintain their physical fitness and mobility.

**Lifeguard Training:** Both as an entree to the workforce or to a career in healthcare, lifeguard training offers young people an opportunity to jump start their future professions.



Need further details?  
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