Can you remember the Beijing Olympics back in 2008? The opening ceremony was fascinating but by the end of the games, it was the astonishing Michael Phelps who took home eight gold medals that had Americans on the edge of their seats. It was amazing to watch and it motivated many people to dive into the pools just like the great Olympic athlete, which isn’t such a bad idea given the great benefits that come from swimming like Mike.

**Increased Muscle Tone**

Here on dry land (assuming you aren’t reading this from a boat or submarine), we have very little resistance against our normal body movements. Even when running, the most resistance we face is our feet on the ground and the air that surrounds us. Swimming changes this substantially; we’re talking 12 times the resistance of air. Due to this increase in resistance, simply moving yourself through the water is resistance training thus increasing muscle strength and tone.

**Health Benefits**

Swimming is popular for being huge on burning away those calories in a fraction of the time it would take you to do so outside of the water. This, along with the aerobic aspects, can help you to lose weight, lower cholesterol and risk of diabetes, and improve cardiovascular health faster.

**Increase Flexibility**

When swimming with proper form, there are many techniques that require a full range of motion. These motions, which are not often made in day to day tasks,
stretch and strengthen ligaments. Since swimming requires the whole body to push through the water, all muscle groups get enough attention so that overall flexibility is gained!

**Breathe Better**

Who would have thought that working out in water would help you to breathe better? Well, swimming is a great way to expand lung capacity and practice deep breathing techniques which strengthen your respiratory system. This could help decrease symptoms in diseases such as asthma.