Benefits of Swimming in Older Adults

PHYSICAL HEALTH:
✧ Low impact (Tanaka, 2014)
✧ Easy on joints (CDC, 2013)
✧ Improvers cardiorespiratory endurance (CDC, 2013)
✧ Improves muscle endurance (CDC, 2013)
✧ Reduces high blood pressure (Tanaka, 2014)
✧ Mitigates knee and ankle pain in overweight patients (Tanaka, 2014)
✧ Helps avoid overheating (Tanaka, 2014)

MENTAL HEALTH:
✧ Increases cognitive skills (Abou-Dest et al., 2012)
✧ Better executive functioning (Abou-Dest et al., 2012)
✧ Helps improve mood
✧ Helps decrease anxiety and symptoms of depression (CDC, 2013)

IN ARTHRITIC JOINTS:
✧ Improves use of osteoarthritic joints without worsening symptoms (CDC, 2013)
✧ Lessens pain and improves function (Tanaka, 2014)
References


