Benefits and Risks of Swimming on the Respiratory System

**BENEFITS**

- Swimming can increase total lung volume and alveolar volume allowing you to take in more air.
- Swimming builds endurance by making your heart and lungs work more efficiently to oxygenate blood.
- Swimming increases respiratory muscle strength allowing people to inhale more easily.

**RISKS**

- Exposure to chlorine and other chemicals from the pool can damage the respiratory tract over time.
- Hyperventilation and prolonged breath holding can lead to unconsciousness.

**Safety Tip:**
If you inhale, swallow copious amounts of water be sure to see a doctor to prevent lung infections and dry drowning.
WORKS CITED


• HUMAN RESPIRATORY SYSTEM - SWIMMING AND DIVING. (N.D.). RETRIEVED SEPTEMBER 05, 2016, FROM HTTPS://WWW.BRITANNICA.COM/SCIENCE/HUMAN-RESPIRATORY-SYSTEM/SWIMMING-AND-DIVING