

Swimming is A Good Activity For Better Lifestyle Management

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Abstract

The purpose of the present research work is to highlight swimming as one of the best-suggested forms of physical activity. The researcher studied the literature and the research conducted by leading countries in swimming. The investigator during her Master's & M. Phil research work/ dissertation conducted a survey study that highlighted the importance of physical activity and lifestyle management through swimming. Swimming as a sport has evolved over centuries and science has contributed in a big way. As we are aware that WHO has declared physical inactivity as a global public health problem. This brings in the scope for all sports scientist, physical educationist and all allied area associates to experiment, evolves and suggest the best possible ways to eradicate physical inactivity from society.

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Few developed countries have Physical activity & lifestyle management professors in all prestigious universities that highlight the importance given to this area of work in the field of Physical Education & Sports Sciences field. We in India certainly have a long way to go.

The research paper brings out how swimming is one of the best-suggested forms of physical activity and lifestyle management. Our country India is on the path of progress & development surely the economy has grown the GDP is gone up but on the other side the health & fitness parameters are going down and physical inactivity now is looked at as Global Public Health Problem. Our country which is looked at as a young nation where the nation is having more than 60% of the population (18-40 years) is struggling to keep up with the health of its citizens.

Physical inactivity, (a lack of physical activity) is an independent risk factor for chronic diseases and overall is estimated to cause 1.9 million deaths globally.

Regular Physical Activity

Regular activities such as walking, cycling, or dancing have significant benefits for health. For instance, it can reduce the risk of cardiovascular disease, diabetes and osteoporosis, help control weight, and promote psychological well-being and leads to better lifestyle management. Highly recommended is that everyone should engage in at least 30 minutes of moderate physical activity every day. The presenter has been an International swimmer of her time and has done several research works on swimming and has studied and kept pace with developments made nationally & internationally about swimming. Based on her previous research work and data collected & analyzed she would like to recommend swimming as one of the best forms of physical activity. One of the necessities of life is water. The habitation started and expanded around the water bodies to ensure the availability of water. Civilization developed being surrounded by water which forced mankind to learn to swim for “Health, Pleasure and Safety” purposes. Nowadays, swimming is a popular water sports activity that attracts the attention of masses throughout the world. Swimming as a sport has gained popularity over the period because the quest for speed gave new dimension to swimming and has brought about revolutionary changes in the swimming style in the past two and one-half centuries and it's on the path of further advancements.

The Improvement in swimming is brought about mainly by the refinement of technique. The techniques used by the swimmers today are not to be considered ultimate refinement as the scope of improvement is always there. No doubt, the application of the scientific methods and related allied disciplines of sports sciences like Exercise Physiology, and Kinesiology, Bio-mechanics, Kinanthropometry, Sports

Medicine and Sports Training are contributory factors to refine the potentiality but on the other side, the increased availability of infrastructure also enhanced the positive diversion of the society towards swimming and contributes towards the wellbeing of an Individual.

Swimming as a sport has been progressive in our country but the pace is slow and debatable its benefits cannot be ruled out and are suggested as one of the best physical exercises. Swimming helps maintain the blood pressure and cholesterol of a person, thus ensuring the well-being of his/ her heart. Swimming is a non-weight-bearing sport,” says Dr. Ronald W. Davidson, a New York City general practitioner. “You can move your arms and legs without the problem of gravity. At times what movements you can do in a swimming pool cannot be done on land. Swimming is perfect for those people who have a hard time carrying out weight-bearing, land-based physical activities. This is because your weight in water is about 1/10 of your weight on land. You feel lighter. Swimming minimizes the risk of injuries from physical activity. It is good for the health of your lungs and also reduces the risk of stroke, heart attack and diabetes. Doctors recommend that indulging in swimming can help post-surgery patients, heart patients and those who adopt a sedentary lifestyle to avoid muscular atrophy. Swimming enhances the flexibility of your joints and provides the scope for boosting your physical activity workout level. It not only helps you in the management of weight but offers you a great variety of water-related activity programs like water aerobics. People who are suffering from arthritis and back pain problems who cannot indulge in a normal workout can undertake swimming. Swimming has been associated with relieving joint pains as well. It is found to have a soothing effect on the mind as well as the body of a person, mainly by regulating breathing and stimulating circulation.

Further, research done on the disabled or the people with weak muscles & limbs has shown improvement in the gaining of the strength of weaker muscles. With my own experience of teaching swimming to the differently abled students, I noticed not only the gain of physical strength & stamina but noticed a tremendous sense of confidence and empowerment. Swimming is also recommended as one of the safest modes of exercise for pregnant women. Researchers conducted indicate that you relieve and manage back pain during pregnancy and it's low-impact too. Based on her previous research work and data collected & analyzed she would like to recommend swimming as one of the best forms of physical activity. One of the necessities of life is water. The habitation started and expanded around the water bodies to ensure the availability of water. Civilization developed being surrounded by water which forced mankind to learn to swim for “Health, Pleasure and Safety”

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With my own experience of teaching swimming to the differently abled students, I noticed not only the gain Of physical strength & stamina but I noticed a tremendous sense of confidence and empowerment. Swimming is also recommended as one of the safest modes of exercise for pregnant women. Researchers conducted indicate that you relieve and manage back pain during pregnancy and it's low-impact too.

Moving on from the allow physical it to and occurs. Physiological benefits to the psychological benefit of swimming, if you don't control then Relax and swim with a very low effort. Let your mind wander, focusing on nothing but the rhythm of your stroke. This form of meditation can help you gain a feeling of well-being, leaving your water session refreshed and ready to go on with the rest of your day or swimming at the end of the day as well refreshes you and help in distressing. Many swimmers find an in-direct benefit from swimming. They develop life skills such as sportsmanship, self-discipline, goal-setting, and an increased sense of self-worth through their participation.

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