

## Different Strokes

While this hot July weather may lead to thoughts of swimming in the ocean, lakes, and pools, this form of exercise offers health benefits any time of the year. Swimming is a good choice for exercise because water cushions the joints and greatly reduces the likelihood of injury. Also, the pressure that water exerts on submerged feet and legs helps improve circulation as warm water relaxes muscles.

Swimming is also a good way of keeping your kids active year round. Area swim programs are available for youth of all ages and skill levels. Also, local hotels have small fees for use of their indoor swimming pools for non-guests.

