

Enhancing  
health and  
well-being  
in swimming  
clubs



**SUOMEN UIMALIITTO**

FINSKA SIMFÖRBUNDET

FINNISH SWIMMING ASSOCIATION



# Swimming Clubs and pools enhance health

- The role of learn to swim activities and aquatics play a significant role in enhancing the health of Finnish people
- Everyone needs to be able to swim – it is a “must skill” for everyone and also a cheap life insurance
- The swimming pool is a huge investment for the municipality
- The swimming pool is a important place for people to exercise and be physically active; nearly 25 million visits to pools every year
- Swimming clubs are fulfilling the strategy of municipalities by offering its members activities for their health and well-being
- Swimming clubs are competent partners in health enhancing physical activities
- Swimming club members adopt a physically active lifestyle

# 15 ways how aquatics improve health

1. Activates brain,
2. Decreases stress and improves mood and cognition
3. Effects positively to fat metabolism
4. Strengthens immune system
5. Delays aging
6. Improves sleep
7. Improves heart health
8. Improves digestion
9. Lowers incidence of breast and prostate cancer
10. Improves circulation
11. Maintains joint mobility
12. Counters diabetes
13. Limits obesity
14. Increases energy levels and endurance
15. Improves muscle strength



Source: American Heart association ja tuo Rowe G C et al. Circulation. 2014;129:798-810, modified with professor Olli J. Heinonen, Paavo Nurmi –center, Turku

# Benefits for the club

- New opportunities for partnerships
- More opportunities to work in local networks
- Increases positive image
- Increases know-how and brings better quality to the activities
- Diversifies activities
- Increases the number of physically active people
- Offers activities for the whole family
- Brings more resources

