Enhancing health and well-being in swimming clubs



FINSKA SIMFÖRBUNDET FINNISH SWIMMING ASSOCIATION









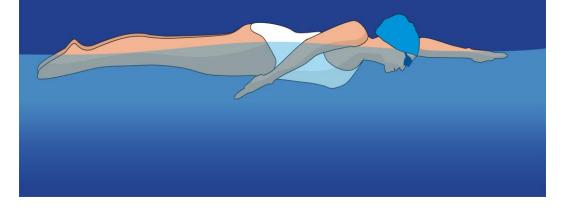
Swimming Clubs and pools enhance health

- 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. Increaces energy levels and endurance
- 15. Improves muscle strength

Uimaseurasta terveyttä ja elinvoimaa



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







