Balance
Swimming requires upper arm, core and leg strength to guide the swimmer through the water.

Endurance
Swimming requires repeated movements and increases breathing and heart rate particularly over challenging distances.

Power
Swimming at fast speeds uses power to propel the swimmer forward, particularly if the swimmer is completing a turn at each end of the pool.

Flexibility
Flexibility in the muscles and joints is needed for the range of movement necessary to complete swimming strokes.

Coordination
Swimming requires coordination to time breathing, and coordination of the upper and lower body to ensure swimming strokes are completed in good form.

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I do it for the fitness and my mental health. I get a sense of satisfaction and it’s low impact because the water supports me. It is good thinking time without distractions.
Murry, 61, Karrinyup

To learn how to swim speak to your local council about classes, or to join an adults recreational swimming club contact Masters Swimming WA on 9328 9469 or visit www.mswa.asn.au/Clubs/Club-Contacts
Balance
Balance is our ability to stay upright and stationary when standing still and in control during movements. Balance occurs unconsciously and helps us with activities, like walking and going down stairs. We can improve our balance with thirty minutes of physical activity that challenges our balance most days.

Strength
Strength training is when we do exercises against resistance, perhaps with a weight or resistance band, or just using our own body weight. Strong muscles help protect our joints and bones, and also protect us from injury. As we get older our muscles naturally lose some of their size and bulk, but doing strength training 2-3 times per week can slow this process down.

Endurance
Endurance or aerobic exercises increase your heart rate and breathing for an extended period of time, which supports a healthy heart. A healthy heart can help us maintain lower blood pressure, cholesterol and promote a healthy weight.

Agility
Being agile allows us to stop, start and change direction quickly. This is important to avoid an unexpected obstacle in our path or catch ourselves if we trip. As we get older changes to our body can slow our reaction time however exercises that focus on strength, balance and coordination can improve our agility.

Power
Power is when our muscles work forcefully and as quickly as possible. Powerful muscles help us to stand up quickly, lift a heavy object and catch our self if we fall. Our muscles ability to produce power reduces as we get older however exercises that incorporate power such as jumping or weight training can reduce this.

Flexibility
Flexibility is when our muscles can easily stretch and our joints move well. This allows us to move, turn and bend, as well as stretch to reach things when we need them. The less we move, the less flexible we become, so moving our body through its full range of motions twice a week helps us stay flexible and prevents injuries.

Coordination
Coordination is when we use our arms and legs together in an efficient pattern. Coordination is needed to do everyday things like getting out of a car or stepping over objects in our way. We can improve our coordination by taking part in activities that challenge our coordination.

Cognition
Cognition is how our brain receives and uses information. This can be affected by a variety of health issues such as dementia. Staying active and upright uses different parts of our thinking and memory, so keeping a healthy mind can help prevent falls. We can keep our brain healthy with tasks that involve thinking or multitasking such as physical activity.

To find out more about how you can stay on your feet®
visit www.stayonyourfeet.com.au or phone 1300 30 35 40

It is advised that activities are performed with proper supervision and a sufficient assessment is completed by your doctor or health care professional prior to undertaking activity.