

# BENEFITS OF SWIMMING LAPS

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Swimming is one of the most complete exercises you can do because it works just about every muscle in your body. At Xperience Fitness, we offer all of our members a large pool in which they can swim laps and participate in aquatic classes. Here, we are going to focus on the benefits of laps and why you should consider the pool for your next workout.

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## Cardio Workout

Many people find traditional cardio exercises like running or biking to be difficult and strenuous. Swimming is an excellent alternative that isn't hard on your joints. Since it involves continuous movement and works your heart and lungs, swimming laps for 30 minutes or more will work your cardiovascular system just as much as a mile-long run.

## Low Impact

As stated above, swimming is a low-to-zero impact activity. It doesn't involve any bouncing of your knees or ankles, and your body's buoyancy removes most tension and physical stress you would otherwise feel. Because of this, there is also a decreased chance of injury while swimming, comparatively.

## Mental Stress Relief

Swimming, like all exercises, provides an escape. While in the pool, you are in another world and you can release your stresses for a while. Mental health is just as, if not more important than physical health, and the pool can help.

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## Muscle Toning

Hello, got any questions? I'm happy to help. Please provide your name and phone number along with your question.

While swimming isn't necessarily a weight training workout, it is a great way to tone muscles. As we said, swimming laps works almost every muscle in your body, and consistent swimming will tone everything from your arms to your core to your lower body. So keep it up!

### **Better Flexibility**

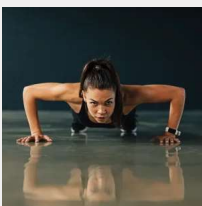
The best way to increase your flexibility is to stretch every day, but swimming can have a similar effect. As you work your muscles in a unique way like you do in the pool, they will get stretched out naturally and over time, this will lead to greater flexibility. And the more flexible you are, the lower your chances of injury.

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