

# Are you **SWIM READY?**



**ROYAL LIFE SAVING**  
AUSTRALIA

**Swimming is an excellent way to keep body and mind fit and healthy. It is suitable for people of all ages, and a fun way to stay active and make friends.**

**Swimming provides a low-impact workout for the whole body, and helps to:**

- Improve cardiovascular fitness
- Build endurance, muscle strength and tone
- Improve coordination, balance, posture and flexibility
- Alleviate stress and improve general mental health and wellbeing
- Maintain a healthy weight

## **Before you jump in make sure you're Swim Ready**

**There are a few simple steps you should take before you enjoy the health benefits of swimming:**

- Chat to your doctor about your health
- Consider the effects of any medication you are taking
- And remember it's safer to swim in a supervised area

**When it comes to safety, socialising and support there's no better place than swimming at your local Aquatic Centre.**

**Get Swim Ready at**  
[royallifesaving.com.au](http://royallifesaving.com.au)



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