
GROWING HEALTHY KIDS

Can swimming in a warm pool year round help fight off winter colds?

We are all familiar with our mothers warning: "Don't go out in that weather - you'll catch a cold."



As with most old wise tales, there is a grain of truth but all is not as it seems.

We catch colds from being exposed to viruses. These viruses are usually transmitted through the air when an infected person coughs or sneezes. It is impossible to catch a cold just from being cold - we must come into contact with the cold or flu virus to "catch" it. As these viruses can't live in the air for long we can only catch them around people who have them! In fact, "Colds are more common in winter because people (especially children) spend more time indoors and thus are exposed to more germs." (The University of California Berkeley).

Why then do only some of the people who are exposed to the nasty bugs actually catch them? Are the other people just lucky or is there more to this? Well here comes the grain of truth in mothers words of wisdom. Some people have stronger immune systems than others. As the immune system is the body's defense system, it works hard to fight off the

CHILDREN LEARN MORE THAN JUST SWIMMING AT THEIR LESSONS

The 15-30 minutes that your child spends in the water with their swim instructor is providing them with much more than swimming skills...

Math - ordinal numbers 1st, 2nd, 3rd, etc., measurement of short and long distances, depth, number of rings collected

Organization - circuits, standing in line and taking turns

Social Skills - cooperating, playing, making friends, communication, waiting for a turn, manners, learning when to listen and to talk, following instructions

Health - fitness and endurance, flexibility, strength, power,

Safety - of themselves and others

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nasty bugs. Becoming very cold can temporarily lower our body temperature and challenge our immune system. If our immune system is weak, we become more prone to collecting those airborne colds and flu.

So how do we strengthen our immune systems to prevent this from happening?

Eating a well balanced, healthy diet rich in vitamins and minerals from fresh fruit and veggies, is our first line of defense. Our second is to maintain a vital system through regular exercise.

*Always speak health
into your children*

Children who swim regularly are fitter and maintain stronger immune systems to fight off the viruses they come in contact with every day. In fact children who swim throughout the winter seem to catch far less colds and flu. They are also building up their respiratory system with the deep breaths they take under water. This breathing that a child does while swimming is giving them a stronger lung capacity. It all works beautifully together.

With the fitness they gain from swimming regularly our young swimmers have every chance of building immune systems that will “fight back” the next time they are in the path of someone else’s sneeze.



“He who has health, has hope. And he who has hope, has everything.”

-Proverb quote

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