

## **10 Solid Reasons to Swim #2**

1. Done at any age
2. Sport for a lifetime
3. Set goals
4. A common-sense thing to do
5. Performed in a state of weightlessness
6. Performed in a horizontal position
7. Safe on the skeletal system
8. Low impact aerobics
9. Has the fewest injuries of any sport
10. Delays the aging process