All About Swimming

In the Summer months there are great opportunities to swim in lakes, oceans, and outdoor pools. Did you know the cardiovascular benefits of swimming are right up there with running and cycling, but with less strain on the joints?

Take the opportunity to swim and challenge different muscles, improve your technique and enjoy the water.

Butterfly stroke is the biggest energy user, but your speed and body weight will determine the calories expended swimming. See the chart below for a rough idea of calories.

Your Body Weight	Swimming Fast	Swimming Slow	Stroke
130 lbs	590 calories/hr	413 calories/hr	Freestyle
155 lbs	704 calories/hr	493 calories/hr	Freestyle
180 lbs	817 calories/hr	572 calories/hr	Freestyle
205 lbs	931 calories/hr	651 calories/hr	Freestyle

Did you know you can use Strava to track your swims?

Check out these swim APPS too:

https://www.superwatches.com/top-5-apps-for-swimming/

FitBits & Trackers

If you do not have a waterproof fitbit or tracking device you can not earn ”steps” but you can still get “credit” in exercise minutes, which will also show calories used. https://help.fitbit.com/articles/en_US/Help_article/2087.htm

Conversion chart to steps, for many activities, including swimming
https://www.pehp.org/mango/pdf/pehp/pdc/step%20conversion%20chart_FFB805BB.pdf