

Swim for health, many doctors advise

Back in the days when doctors made house calls, the old adage declared "an apple a day keeps the doctor away." Many doctors today suggest that one of the best ways to ensure that you don't have to come to them is to swim a few laps every day.

Some doctors recommend swimming and other exercise as an excellent defense against heart attacks. Others prescribe swimming in cases of severe hypertension, or for those with high blood pressure. Increasingly, too, this form of "non-medical exercise" is employed in the treatment of emotional tensions and in psychotherapy.

Among the doctors who are most enthusiastic about the benefits of the country's most popular outdoor sport are many who are themselves participants in the Master Swimming program sponsored by the American Athletic Union. Begun six years ago, this program encourages competitive swimming for adults age 25 or older.

Well over 5000 people have joined the program to date. Among the most famous is former-Tarzan Buster Crabbe. Among the oldest is 83 year-old Collister Wheeler, who also happens to be a track and field star. Last September, this Oregonian set a new world record in the 200 meter run at the National Masters Track & Field Championship, where he also won a 100 meter dash and took top honors in a discus event, reports the

Master Swimming committee's monthly newsletter.

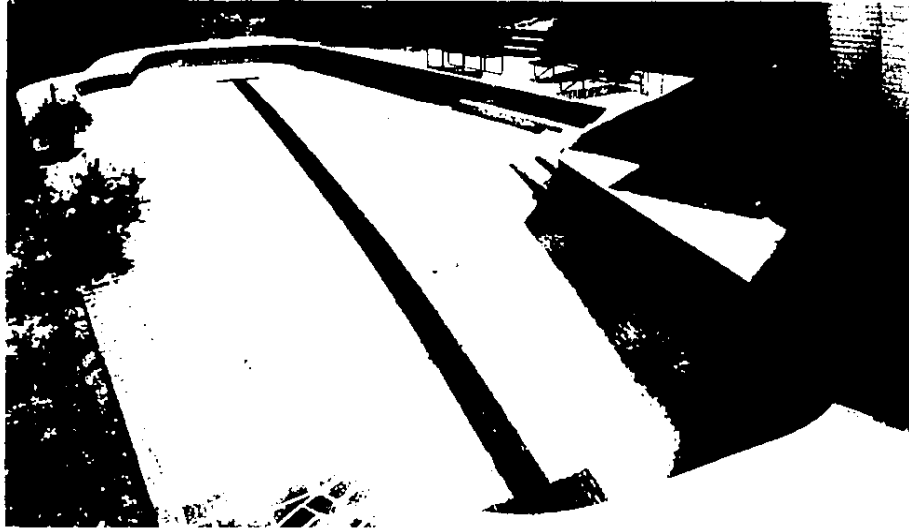
One recent issue of that newsletter, reporting on a survey of why members joined the program, revealed that a majority of respondents desire to improve their cardiovascular fitness. Other motivating factors include an interest in improving body tone, relaxation, recreation and weight loss.

Participants in the Master Swimming program are encouraged to swim at their own pace, not over-exerting themselves, as they compete within five year age groups.

Many people train together for these competitions. Others do so in the privacy of their own backyards. The number of families owning their own pools is increasing at the rate of some 300,000 yearly, the National Swimming Pool Institute reports.

And while there is no way to determine what percentage of this total takes part in the Master Swimming program, it is safe to assume that a sizable number of those using home pools are now enjoying the many benefits of increased physical activity.

Home pools, says a local NSPI spokesman, can be enjoyed by every age. The youngest will, no doubt, make the most use of such facilities—because they have both the time and the energy. Adults, on the other hand, are likely to be inclined to spend most of their time reclining beside the pool, or enter-



Lappers live longer

Doctors suggest that a few daily laps in the pool can result in better health—and perhaps a longer life in which to enjoy other activities. Ample deck space is provided for relaxing after a good swim.

taining in the same area. Neither is unhealthy exercise, but nothing beats being a swimmer.

Swimming competition, the forte of the Masters Swimming organization, is fine for those who like that sort of thing. Swimming for its own sake, how-

ever, is excellent for everyone.

Because your muscles can be toned up while swimming, because you can at the same time be relaxing, because however long you swim you will be doing your body a favor, you should as the NSPI puts it get in the

swim and "swim for the health of it."

For additional information on the Masters Swimming program, contact AAU Masters Swimming Committee, 2308 N.E. 19th Avenue, Ft. Lauderdale, FL 33305.



VINCE ASSEMANY

President, Miami Blue Water Pools, Inc.

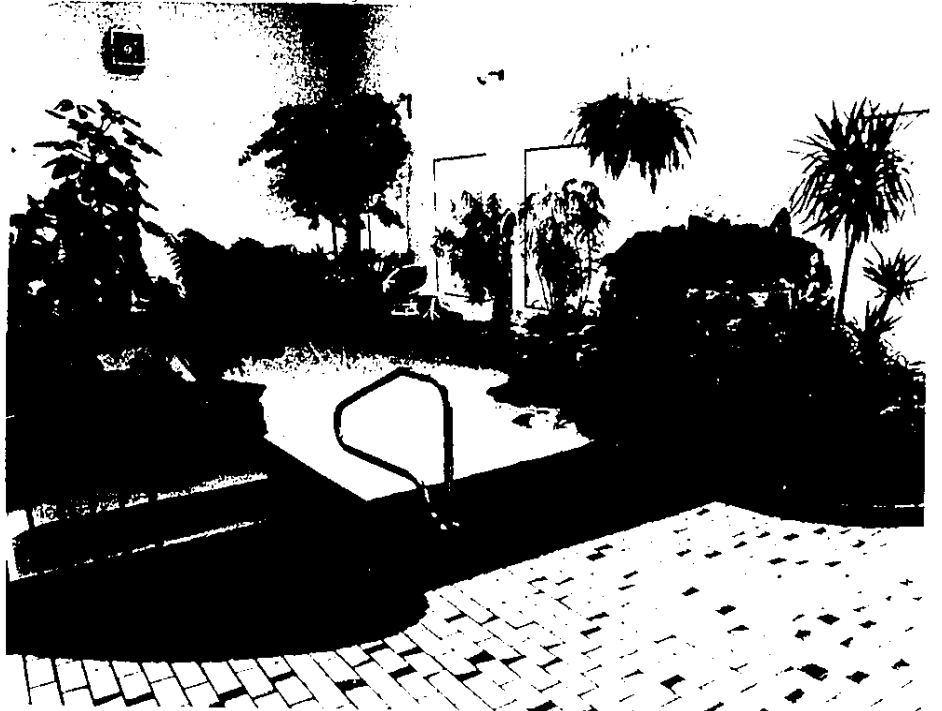
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