

What Should I Drink?

- When exercising for less than an hour drink water
- When exercising for more than an hour drink PowerAde Zero, Propel, or have a piece of fruit like an orange or a mandarin .

Why Should I Swim?

1. Increases Energy and Metabolism
3. Weight Control
4. To Feel Better
5. Reduces Disease like Diabetes
6. Increases Duration of life
7. Lowers Blood Pressure
8. It is easier on the Joints
9. Exercises all Muscles

Comments:

Hi, my name is Savannah Nobles. I am on the track team at the University of South Alabama my event is the hammer throw. Before I started participating in track I was a gymnast for 10 years at Planet Gymnastics. Right now I am working towards a degree in Health.



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Aerobic Exercise



Swimming



Safety Tips

- Always swim with an adult
- Never swim alone
- Swim at a depth that is safe for you. If you're just learning to swim, stay in the shallow end.
- Use Floaties if your are a beginner.



How Much Should I Do?

- To burn calories exercise for 30 minutes without stopping.
- To prevent diabetes exercise for 60 minutes without stopping.
- Anything in between these times is great!

Exercise for Non-Swimmers

Above Ground Pool:

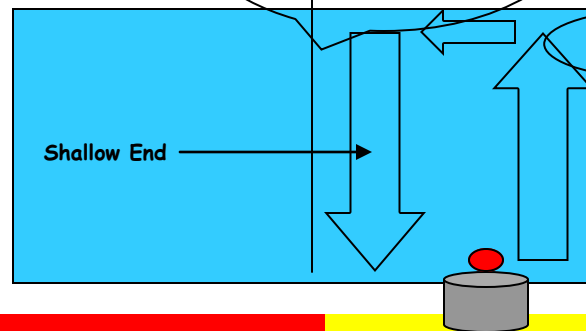


Walk around the outside of the pool with a coin and drop it in the bucket.

Start Here

bucket

In Ground Pool:



Walk around the outside of the pool with a coin and drop it in the bucket.

Start Here

- In the shallow water, hold onto the side of the pool and kick your legs like your swimming for 30 seconds. Do this 5 times.



Exercise for Swimmers



Laps:

- Start with ____ laps
- Increase by 4 laps every week