

## Discover the Benefits!

Did you know  
that just immersing your body  
in water lowers your heart rate  
and blood pressure?

Join us at one of our  
conveniently located pools  
and  
Discover the Benefits  
for yourself and your family!!!!

### **Ann & Chuck Dever Regional Park Pool**

6791 San Casa Drive, Englewood  
941.681.3743

Tuesday to Friday  
10:00 a.m. to 6:00 p.m.  
Saturday & Sunday  
11:00 a.m. to 6:00 p.m.

### **Port Charlotte Beach Pool**

4500 Harbor Boulevard, Port Charlotte  
941.629.0170

Tuesday to Friday  
10:00 a.m. to 4:00 p.m.  
Saturday & Sunday  
11:00 a.m. to 5:00 p.m.

### **South County Regional Park Pool**

670 Cooper Street, Punta Gorda  
941.505.8686

Tuesday to Friday  
10:00 a.m. to 6:00 p.m.  
Saturday & Sunday  
11:00 a.m. to 6:00 p.m.



[CharlotteCountyFL.gov](http://CharlotteCountyFL.gov)

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CHARLOTTE COUNTY COMMUNITY SERVICES  
PRESENTS...

BENEFIT

BASED

LEISURE

SWIMMING!

Discover the Benefits!



## Swimming Benefits:

“As workaday jobs become increasingly sedentary, often denying opportunities for physical activities at work, the need for leisure time sports play and other physical energy output has become painfully evident”

“Epidemiological evidence supports the conception that sedentary living habits are directly & casually related to the incidence of Hypertensive-atherosclerotic disease, especially coronary heart disease, sudden cardiac death, and stroke.”

*Source: R. Paffenbarger J.R.M.D.,  
Benefits of Leisure, 1991*

## Adults who exercise three or more times a week report that they...

...find it relaxing, can take it easy, can get away from the hustle and bustle, get a chance to give their mind a rest and relieve tension, welcome the change from the pressures of work, get a chance to be with friends and family for a while.

## More Tangible Benefits:

Economic benefits for corporate wellness programs such as reduction in absenteeism (1.25 days per year), less medical costs (\$903 average), 20% reduction in disability days, 1.5% reduction in turn over rate.

## Personal Benefits:

Reduced: Health-related costs, body weight, percent body fat, resting heart rate, blood pressure, long term risk of disease or death, levels of anxiety.

Increased: Health & quality of life, personal satisfaction, interpersonal relationships, sense of self worth and self image.

**As with any fitness program,  
you should always  
consult with your physician  
before you begin.**