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!!!!

Oyster Creek 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.

www.CharlotteCountyFL.com

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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 JR.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.