

Swimming: A Great Workout for the Whole Body



When temperatures rise, many people swim to beat the heat. But swimming does a lot more than cool you down on a hot day. Health experts at the University of California, Berkeley say that swimming is "an ideal way to stay in shape."

Swimming is a high-cardio but low-impact exercise. Some high-cardio exercises, such as running, can improve your health but can also be hard on your body. Swimming, on the other hand, is so easy on the body that people often use it to heal from injuries. A former competitive swimmer, Paul Waas, now coaches a team of swimmers. He says that swimming is easier on the body than other sports

Questions:

1. Who is Paul Waas?
- 2.
- 3.

You can see the whole curriculum from your teacher, Please ask teacher to send it to you before your class.

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