



1 Challenge per swimmer

Swimming is fun and burns up those calories!

Did you know that swimming also aids in relaxation, reduces stress, and promotes well being?

Here are some helpful tips to get you started:

- ◆ Set a schedule to start of 30-40 minutes, 3-5 times per week.
- ◆ Keep this record of progress
- ◆ Begin slowly and build up gradually
- ◆ Always warm up, exercise, cool down
- ◆ Learn to monitor your pulse rate and work at your target heart rate at least 15-20 minutes each workout.
- ◆ Remember to check with your doctor before beginning any new exercise regimen.



Swim for it REWARDS:

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| 10 Miles | Lanyard |
| 40 Miles | Goggles |
| 70 Miles | Baseball Cap |
| 100 Miles | Workout Bag |

