

Let's go Swim!

Everyone knows that you need exercise to survive. The most common stereotype of exercise is that it is hard, painful, and/or boring, but really, it is often more enjoyable than sitting on your bum, watching TV. That's why I want you to come to the pool. "That's not exercise!" You say? It is a lot more exercise than sitting on your rear-end watching TV!

First of all, swimming is fun! You get to hold your breath underwater, jump off the diving board, and do cannonballs into 3' foot water! You can cool off from the hot summerson, and meet new friends.

Next, when you're at the swimming pool, it is easy to learn new things, like to doggy-paddle, to treadwater, or to backstroke, which might save your life one day. You can also learn to do flips underwater, and to dive.

In addition to learning new things, everyone can burn calories at the pool, why I know someone who lost 2 lbs. from swimming! It is very, very important to keep fit, and swimming is an easy way of doing so.
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It is very clear to me, and hopefully you too, that you should come swimming with me. You have fun, learn, and get some exercise all at one time, a good combination indeed. In school, you just learn, on video games, you just have fun, and on treadmills you just exercise; but when swimming, you get all 3! So turn off that TV, and let's go swim!