



HEALTH BENEFITS OF **PINEAPPLES**

- Good source of antioxidants
- Boosts immunity
- Maintains skin health
- Promotes healthy bones
- Helps with sinus issues
- Has cancer-fighting properties
- Eases arthritis symptoms
- Helps prevent and treat acne



SWIM STRENGTH

LAPS WITH A KICKBOARD

- Swim one lap (from one end of the pool to the other end)
- Use a kickboard for the second lap
- Use a pull buoy for the third lap
- Repeat for 15 to 20 minutes for a great full body workout

5-MINUTE REPEATS

- Swim laps for 5 minutes, taking breaks at either end of the pool
- Use the kickboard for five minutes
- Repeat three times for a full body, cardio workout

SWIM AND WATER WALK

- Swim one lap
- Walk briskly back to your starting point
- Repeat for 15 to 20 minutes



WATER SAFETY

- Drowning is silent
- Drowning is quick
- Watching is your responsibility
- Swim lessons are not an excuse
- Have a proper fitting life vest