

Enjoy this one page book excerpt from the award winning **Walk Like a Bear, Stand Like a Tree, Run Like the Wind** by author Carol Bassett, founder of NuBod Fitness.

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Swimming

Swimming is a healthy way to exercise. You get your workout by moving your arms and legs against the resistance of the water.

Swimming has lots of advantages over other aerobic exercises. It is less stressful to the joints in your body, and the muscles on both sides of your body get an equal workout.

Everyone can benefit from swimming. You're never too young, or too old to start. If you happen to have asthma or other breathing problems, swimming is the very best way to exercise. Just remember: if you can float, you can swim.



Buy your copy of the award winning **Walk Like a Bear, Stand Like a Tree, Run Like the Wind** by author Carol Bassett. Buy online for only \$16.95. Visit www.NuBodFitness.com.