

HARTZ Physical Therapy

www.hartzpt.com

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HARTZ

physical therapy

Summertime: It's Good For You



[Click here to learn why
sunshine is a good thing!](#)

This weekend will mark the official start of summer, a time often reserved for extra rest, relaxation, and outdoor fun.

More and more people will turn to water activities for refreshment and pleasure. As an added plus to the sheer enjoyment it brings, there are so many benefits to using the water as a means to move. Here are some of our favorites:

1. Swimming is a total body workout:

It tackles everything from sculpting your back to toning your arms - all without having to pick up a weight.

2. Joint-friendly:

If you're recovering from an injury and are eager to build strength, then look into starting a swimming routine to stay fit. At HARTZ PT, we offer aquatic therapy that can help. [Click here](#) for more information.

3. No fancy equipment required:

All you need is a swimsuit and goggles!

4. Burns calories & boosts metabolism:

One hour of moderate swimming can burn up to 500 calories. This revs up your metabolism, continuing the burn well after you've stepped off the deck.



5. It maximizes your cardio:

Swimming is the ultimate aerobic activity. There is more breath control compared to running, thus an increased demand for oxygen, causing your muscles to work harder. Because of this, you can get more bang for your buck in a shorter amount of time.

6. It's refreshing:

Jumping into a pool is refreshing! You don't need to be a competitive swimmer to reap the benefits. Have fun with it, and just enjoy being in the water.

7. It's a great family activity:

Pool time can be family fun time. A former Division I college swimmer, [Brian Hartz](#) spends plenty of time each summer engaging his family in his favorite hobby/sport. Quality recreational time with his wife and kids at the beach or in the pool -- and cheering swimmers on at local meets -- are an important part of every Hartz family summer. Why? Because it's good for you!

"Whether you have a 6 year old who won't yet put her head under the water or an 8 year old who is tearing up the pool on the swim team (trust me, we have both), there are lots of ways to keep the kids entertained and active in the water."

~Amy Hartz



Some of the Hartz family favorites are tossing Nerf footballs, "biggest splash" contests and playing with rubber duckies. For more fun pool game ideas, [click here.](#)

HARTZ Physical Therapy has offices to serve you
in Lititz, Lancaster and Ephrata.
For more information visit www.hartzpt.com

or call or visit any of our three locations.

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