Healthy LIVING while aging!

EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

SWIMMING
By Dr. Anne Lindsay

Swimming is great exercise and a wonderful cooling activity during the summer heat. But do you ever feel like you just swam the English Channel after one lap across the pool? It is likely due to technique. Improving your technique will make swimming much more enjoyable and much less exhausting. The secret is called "biomechanics". Biomechanics helps increase productivity while decreasing energy output. It's how we train athletes to jump higher, run faster and swim longer distances with less fatigue. Sounds like efficiency we could all use!

When I was in college, I worked as a lifeguard in Santa Barbara, California. My aquatics director was an Olympic swimmer. Sitting in the lifeguard tower watching her swim lap after lap, day after day, studying her technique, really enhanced my own performance as a swimmer. I realized it was all about technique. So I thought I might share some tips I learned to help make your swimming experience a little more enjoyable and much more efficient whether you are a beginner or a veteran swimmer. *Always check with your doctor before beginning an exercise program.*

Body Position – Keep your body relaxed and in a straight line. Look slightly forward with your hairline just cresting the surface of the water in front of you. Be sure to wear goggles so you can see where you are going.

Arm Stroke – While many swimmers think they are propelled forward by kicking hard, it is actually the arm stroke that does the work.

Entry - As you begin your entry into the water, instead of placing your hand right in front of your head, stretch your arm out about 15 inches. Break the water with your thumb and first 2 fingers as you place your hand in the water; reach a little more by extending your arm from your shoulder as you prepare to pull. Don't worry about a clean and gentle entry, it takes too much energy. Relax and expect a little splash.

Stroke (Pull) - The real key comes next-the pull. Don't make a straight line with your arm stroke as it will only propel you briefly at the beginning of the stroke. Once that water is in motion you are wasting energy. Instead, as you begin your stroke, grab the water and make a large S-shape under your body. Curve your hand inward toward your belly button, and then out again by your hip as your hand exits the water. This allows you to grip new water and propel yourself the whole length of the stroke or arm pull.

Breathing - As you reach out to begin your pull, pivot your body. For example, when your right arm is fully extended in front of you and your left arm is about to exit the water behind you (for its recovery), the right side of your body should be completely rolled under the water. This will create a little pocket over your left shoulder to take in air. Don't turn your head more than 90 degrees to the side. Many swimmers make the mistake of turning their head until their entire head is out of the water or lifting their head forward to breathe. These techniques exert too much energy. It is also best to breathe on both the left and the right side, breathing alternately every third stroke. This will take time to learn so practice and be patient

Kick - Finally, simplify your kick. Kicking is not meant to propel you forward as much as it's meant to create a rhythm and keep your legs afloat. A fast flutter kick will just make you tired. Instead, keeping your feet slightly submerged, kick periodically creating as little white-water as possible. Practice by squeezing a floatation device between your ankles and swim using only your arms. This will help you learn to minimize your kick and strengthen your arm stroke at the same time.

Health benefits of swimming

Swimming is a low-impact activity that improves the heart and lungs and builds muscular strength and endurance while placing minimal stress on the bones and joints!

Not a fan of swimming but love the water?

1. Walk briskly across the shallow end of a pool! With your palms open, swing your arms, push the water and feel the resistance in your upper body.
2. Stop when you reach the other side of the pool. While standing and holding on to the edge of the pool for stability, kick your legs one at a time (like kicking a ball). Feel the resistance in your lower body.
3. Repeat, repeat, repeat!

Re-growing produce in water

by Cassie Montana, Extension Garden Nutrition Educator

Re-growing produce is a great way to repurpose fruit and vegetable scraps that are typically thrown out.

- Simply place fruit or vegetable scraps in a container of water using the stem or root portion.

- Then place the container in a sunny area like a windowsill or patio until you can see the fruit or vegetable start to grow.

- Once this happens, you have three choices: you can continue to grow in the container of water, transfer it to a container with soil, or directly into a garden.

What can you regrow?

⇒ Lettuce, celery, cabbage, leeks (use base of plant)

⇒ Garlic, onion, green onion, sweet potato (use root)

⇒ Cilantro, basil, parsley, rosemary (use a sprig of plant stem)

Apple Celery Salad

For this delectable and simple seasonal salad, combine diced apples and celery with raisins and nuts. Add dressing and enjoy!

Ingredients

- 2 cups apple (diced)
- 1 cup celery (diced)
- 1/2 cup raisins
- 1/2 cup nuts
- 2 tablespoons lite mayonnaise-type dressing (or mayonnaise)
- 1/16 cup orange juice (1 Tablespoon)

Directions
1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and nuts with the dressing mixture

Recipe Courtesy of:

https://www.choosemyplate.gov/myplatekitchen

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