

Special Issue

Effects of Regular Swimming Exercise on Health Promotion

Message from the Guest Editor

It is well known that regular exercise promotes human health. A popular activity is swimming. It benefits the body as cardiovascular function is improved and respiratory muscles are strengthened. In addition, gains have been shown in other functions and biochemical processes of the body. Furthermore, it has been suggested as a treatment for injury rehabilitation and is recommended to improve anatomical spinal disorders, especially in children. It also appears to improve mental mood. This fact, together with the multitude of effects on the whole human body, predisposes swimming to a wide range of research that will thoroughly study the effects of regular swimming exercise on health promotion. Finally, it is also important to study the potential risks that arise from swimming itself and from the different environments in which it takes place. Therefore, the aim of this Special Issue is to provide information regarding the monitoring of the effects of swimming to prevent problems and stabilise and improve health. This Special Issue will accept original research and systematic reviews regarding all types of swimming.

Guest Editor

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Message from the Editor-in-Chief

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