

Benefits of swimming from my prespective

I have been swimming for a long time for fun and exercise. I love what it does for me and really love the benefits it has for our doggie swimmers. In recent years, my body has been battling high triglycerides, hypertension, kidney issues and very bad knees. It's a conundrum for me as I need to exercise to keep my triglycerides at normal levels and stay healthy, but am hampered in regular exercise due to my knees. Since I am in a pool five days a week with my dog friends, I take time to swim for myself three times per week, and yes, I do the dog paddle very well.

Since I have been swimming and eating a semi healthy diet, I am able to keep my levels on the lower side with minimal medication. I share this about myself because I know first hand what swimming can do to anyone's body and health including your dog, and it's all good.

For dogs, swimming increases their blood flow, strengthens the muscles and naturally stretches the tendons to support their body. It also helps with breathing, stamina and confidence. For a dog that loves swimming, it's a whole lot of fun. For dogs that don't love swimming, we make it tolerable and the benefits for them are well worth it. Our methods in the pool aid in arthritis, ACL/TPLO recovery, weak legs and in the general health of your dog. We also offer swim lessons and fun swims just to burn some energy. I ask you to consider this for your dog. We love what we do and are committed to giving your dog the best experience that we can. We firmly believe that swimming is beneficial to the dogs that come to our spa.

Jim Mosteller

Owner/Swim Coach