

Soundbite script – The health benefits of swimming for older adults

Travis Swink, DO, primary care physician, OSF HealthCare

"For my elderly population, I love when they're out swimming. Because it's less impactful, especially if they're walking in the pool, it alleviates some of the weight." (:11)

Travis Swink, DO, primary care physician, OSF HealthCare

"It increases strength and it increases mobility. When you have more agility, you have a lot better balance. So yes, people that are recovering, and you'll see it with pro athletes when they have ankle injuries, they're in a pool walking. It's to increase that flexibility and mobility." (:16)

Travis Swink, DO, primary care physician, OSF HealthCare

"Not only is he doing something that's good for his heart, but he's also doing something that's releasing some natural endorphins, which is good for his mental health. By doing that activity every day, he's not only helping his physical health, but his mental health. I congratulate him on that." (:18)

Bob "Spider" Purcell, swimmer, retired teacher

"I'm a slow swimmer. I just freestyle for half an hour, and that's it. It keeps me going in the morning, really. I can feel down or not ready to do anything, but I get in that water, and it just peps me up." (:13)

Bob "Spider" Purcell, swimmer, retired teacher

"It's really nice to be able to get in it. And it does make me feel good." (:9)

Bob "Spider" Purcell, swimmer, retired teacher

"I would start with walking and build up where you can walk a couple miles every day. I think that's probably one of the best things an older person could do. And then if you want to swim, and you know how to swim, that will really add to it." (:14)