

# Swim!

Exercise is important for good health. When people do not exercise, their muscles become soft and weak.

Swimming is one of the best ways to exercise. When swimming, you must move against the water. This makes muscles stronger. It takes more energy to move through water than it does through air. So swimming helps people lose fat. All this also helps your heart get and stay strong. ●

Many people get hurt playing soccer, football, or basketball. Not in swimming! It's one of the safest ways to exercise.

Swimming is also a great way to have fun while you exercise. You can cool off on a hot summer day and play water games with your friends. Swimming races are an exciting way to beat the heat. ●

If you do not know how to swim, you should learn how — now!

**Skill:** What reference could you use to see whether these statements are true?

**Strategy:** This sounds like an opinion. Do you agree? What makes you think so?