

Swimming

470
calories
burnt per hour

BREASTSTROKE IS GREAT for strengthening your **pectoral (chest) muscles** and also tones your **arms, back and legs**.

If you have somewhere safe, that both of you are allowed to swim, this is a wonderful exercise for you and your dog.

If you swim in the sea, the colder water will make your body burn more calories to keep warm (be careful that it's not too cold!), while the current and waves, makes swimming in open water twice as hard, giving faster results. But be sure you're not alone, and can be seen by a lifeguard.

You could also try and mix 'sculling' (lie on your back, and move your arms and legs in easy circular motions) with 'scissoring' (with arms level with the water's surface and legs hanging down straight, move your legs back and forth vigorously).

**THIS IS GREAT FOR FIRMING YOUR BUM
AND BACKS OF YOUR THIGHS.**

20-30
lengths
twice a week

