

Scientifically proven: Swimming helps the brain stay healthy and reduce stress, fatigue

See the health benefits from swimming below, they can surprise you!

We all know **the benefits of swimming** for health. It not only helps your body breathe in more oxygen, but also strong muscles and continuous adjustments in your breathing. In addition, swimming is also a great way to **reduce stress, fatigue** . When swimming under water, it's like you're living in another world. Water distorts the sky, reflecting sunlight into the water, forming " *beautiful cloud patterns* " under water. So it is not surprising that swimming can take you into an ideal space.



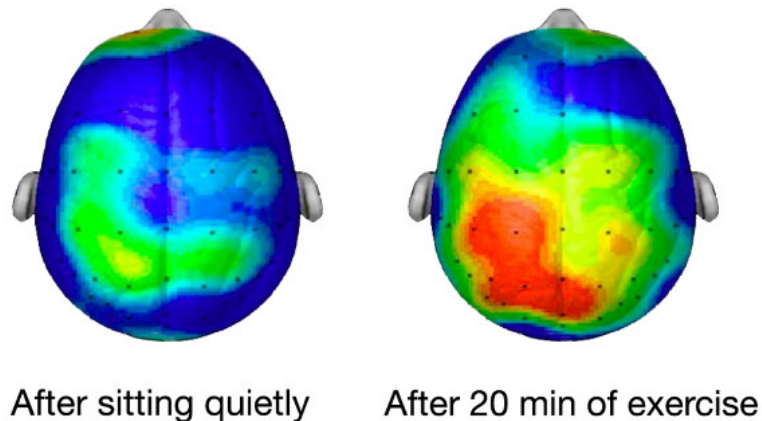
How does the brain react while swimming?

Swimming is a meditation exercise . Your brain function is improved through a process called hippocampal neurogenesis, which helps the brain replace **lost cells** due to **stress** . When you immerse yourself in the water, your mood will improve immediately when exposed to cool water, throwing away fatigue and boredom.

A recent study by Dr. **Howard Carter** at the University of Western Australia - the School of Sports Science helps to observe the human brain responding during swimming. The team of scientists, led by Carter, hypothesized that immersing the body in water near **the right atrium** will increase blood flow in the brain. The right atrium is located at the top right of the heart and is one of the four hollow chambers of the heart. The atria must receive blood from two large veins: the superior vena cava and the lower vena cava. The task of these two veins is to return the amount of blood that has provided oxygen to different places in the body; then bring the

blood back to a low amount of oxygen. A **coronary sinus** is a smaller vein on the heart wall, which also transfers blood to the right atrium.

" We found that brain blood flow was higher when body parts were soaked in water with water near the heart, compared to when the body was on the ground - based on basic research in the investigation. In addition to the effects of swimming on healthy cerebral vessels , Dr. Howard Carter said in The American Journal of Physiology.



Research compliments of Dr. Chuck Hillman, University of Illinois

While the study participants soaked themselves in water, blood flow to the middle cerebral arteries increased by 14%, while blood flow to the posterior artery increased by 9%.

" Like on-land exercise, different activities in the country, such as underwater aerobics and swimming, have different effects on heart function and brain blood flow, " Carter said.



In addition, swimming helps improve morale .

1. **Help prevent external stimulation** : As soon as you soak in the water, the sounds from outside can be restricted. You will only feel water touching your skin. At that time, just focus on the breath, dive to the bottom of the pool and watch the water flow smoothly. Everything will be simplified when swimming.
2. **A great way to practice exercise movements** : Glide in the water to help your heart contract. Moreover, it is also very good for your muscles and lungs, as well as less impact on joints. When taking care of your body, your happiness is greatly improved. Swimming several times a week is the best way to exercise and improve your mood.
3. **Releasing endorphins** (*neurotransmitters in the brain that create positive feelings, improving mood*): A good swimming exercise plan releases natural emotional compounds called endorphins. In addition, it can convert stress hormone levels beyond " *fighting or disappearing* " (fight-or-flight stress hormones) to muscle relaxation. New brain cell development is enhanced, promoting as a result of relieving stress, fatigue.

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