

Experience the Benefits of Swimming with Guardian Industriesâ€™™ Pools

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A study states that swimming reduces the risk of death and has positive effects on people with mental disorders. Guardian Industries provides fibreglass pools to those who want to experience the benefits.

[ROCKINGHAM, 2/1/2018] - Swimming has many health benefits particularly for people living with mental disorders such as Bi-polar disorder and Korsakoffs. Swimming acts as a form of treatment for their illnesses and in the long run, can improve their self-esteem and confidence.

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Health Benefits of Swimming

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According to a report by Swim England, the benefits of swimming make it ideal for people with long-term mental health conditions. The report also discovered that swimming regularly helps people live longer and that it keeps older people physically and mentally fit. As for young children, the report stated that children who take part in swimming lessons can develop social, cognitive and physical skills faster than other children who do not have swimming lessons.

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Jack Nickerson, CEO of Swim England, stated that it is evident that swimming has great potential to support the health and well-being of people of all ages and people with mental health conditions. The properties of water make it different from other therapeutic activities or exercise since almost everyone can swim.

To fully understand the link between health and physical activity for the general population, more natural resources should be invested into research purposes. Swimming pool manufacturing companies, such as Guardian Industries, provide homeowners with the most suitable swimming pool for their health as well as their enjoyment.

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Fibreglass Pools by Guardian Industries

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Guardian Industries provides the latest modern fibreglass pool designs for their clients in Perth, WA. Their pool range includes a variety of lap and plunge pools that are suitable for their clientâ€™™s lifestyle, whether it is for leisure or exercise.

At Guardian Industries, all their pools have a high-performance laminate surface that give them long-lasting finishes, superior durability and eye-catching designs. They also come in a variety of classic and shimmer colours.

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About Guardian Industries

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Since 1960, Guardian Industries has been providing Perth with a broad range of fibreglass lap and plunge pools. They ensure comfort and safety thoroughly evaluating all aspects of the pools they provide. To view their range of fibreglass pools, call 08 9529 4461 or visit <https://guardianindustries.com.au>.

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