

# VINTAGE ADULT



5ft



**Be Active. Be Aware. Be Alive.**

Be Water Smart®



LIFESAVING SOCIETY®  
The Lifeguarding Experts

[www.lifesaving.org](http://www.lifesaving.org)



# Be Water Smart®

## **Prevent injury. Promote health.**

When at the pool it is important to understand how different activities can affect your wellbeing. Pool rules and lifeguards are there to help keep you healthy. Exercising at the pool can have many benefits including maintaining muscle and improving fitness.

### **Be Aware: Know before you go**

- No matter what your age, know your limits
- Check the water depth where you are swimming
- Heat affects your energy
- If you or someone you know feels unwell tell a Lifeguard immediately

### **Be Active: Physical activity keeps you healthy**

- It's never too late to learn to swim
- Swimming and water exercise will allow you to stay fit without putting excessive stress on your body
- If you feel hot or tired take a break
- Contact your local swimming pool for programs available for adults

### **Be Alive: It can happen to you, adults drown too**

- Drowning among older adults is increasing
- Drownings are occurring at home, in the pool and at the lake
- Swim with a friend
- Being aware while being active can save your life

Talk to a health care provider before you start a new exercise. Ask if there are any activities you should avoid.

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The Lifesaving Society of Alberta and the Northwest Territories acknowledges the governments of Alberta and the Northwest Territories.



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**INJURY  
PREVENTION  
CENTRE**  
KNOWLEDGE. LEADERSHIP. ACTION.