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Swimming is a Great Sport

Swimming is a fantastic activity. I think everyone should try it.

Swimming is a good exercise because it uses every muscle in your body. It is an amazing whole-body workout. Swimming also makes us strong and healthy. If we are strong and healthy, we need not see the doctor or take medicine.

In addition, swimming is a very enjoyable sport. You can go to the beach to go swimming and play with your friends.

Moreover, swimming is quite safe. If you do warm-up exercises and avoid eating many things before swimming, there is very little danger of drowning while swimming.

Hence, what are you waiting for? Try it today!