



LAP IT UP CLUB

www.vanderbilt.edu/HRS/wellness/hpaquatics.htm

Tired of swimming lap after lap with little reward? The **HEALTH Plus Lap It Up Club** (LIUC) will reward you for your laps, help you increase the distance you swim, and help you reach your personal goals. All you have to do is record the number of laps you swim each time you visit the Campus Recreation Center (CRC) pool or *any* pool.



HOW DO I BECOME A MEMBER?

- Complete a registration form and submit it to HEALTH Plus. Download a registration form from the LIUC website (listed at top of page), pick one up from the HEALTH Plus drop box next to the CRC front desk, or pick one up from the HEALTH Plus front desk.
- To be eligible, you must be benefits eligible and full-time faculty & staff *AND* have completed a Health Risk Assessment through HEALTH Plus.

PRIZES FOR ACHIEVED MILESTONES

Laps	Yards	Miles	Prize
165	8,250	5	Fin Key Chain
330	16,500	10	LIUC Swim Cap
825	41,250	25	25 Mile Club T-shirt
1,650	82,500	50	SPEEDO Pullbouy
3,300	165,000	100	100 Mile Club T-shirt
4,950	247,500	150	SPEEDO Water Bottle
6,600	330,000	200	LIUC Towel
8,250	412,500	250	SPEEDO Goggles
9,900	495,000	300	SPEEDO Goggle Case
11,550	577,500	350	Mesh Equipment Bag
13,200	660,000	400	SPEEDO Paddles
14,850	742,500	450	SPEEDO Chamois
16,500	825,000	500	500 Mile Club T-shirt
19,800	990,000	600	LIUC Duffle Bag
23,100	1,155,000	700	StrechCordz
26,400	1,320,000	800	Tempo Trainer
29,700	1,485,000	900	Stopwatch
33,000	1,650,000	1,000	1,000 Mile Club T-shirt

WHAT DOES IT MEAN?

- Participating helps you qualify for the Silver Level Exercise Wellness Category as part of Go For The Gold! Check out information at www.vanderbilt.edu/goforthegold.
- You keep a training diary.
- You swim at your own pace.
- You can set and achieve goals.
- You can see yourself improve.
- You are an instant club member.
- You'll receive a prize through campus mail for achieving a milestone.
- Top 10 swimmers of the month are published on the HEALTH Plus website.

WHAT DO I DO?

1. Register to become a LIUC member. Refer to the "How Do I Become A Member?" section.
2. Swim laps, *without fins*, at the CRC pool during the designated times for HEALTH Plus members or at *any* pool.
3. Using a LIUC Monthly Training Log, record how many laps you swim each visit to the pool. Download a LIUC Monthly Training Log from the LIUC website (listed at top of page) or pick one up from HEALTH Plus. (1 lap=50 yards=down & back)
4. At the end of the month, total up the number of laps you swam. Turn in your completed Monthly Training Log to HEALTH Plus by 5:00 p.m. on the first business day of the next month. See the Monthly Training Log for ways to submit it to HEALTH Plus. (No retrospective lap counts.)

How many laps does it take to swim a mile?
33 laps (1,650 yards)

*In the end,
swimming is not
about what you
achieve, it is about
who you become.*

*I lost 30 seconds on
the **Swim** Fast
Plan.*

*The heart of a
champion beats
under a swimsuit.*

Questions? Call the
HEALTH Plus at 343-
9468.

WHY SWIM?

- It helps you qualify for the Silver Level exercise category as part of the Go For The Gold! See www.vanderbilt.edu/goforthegold.
 - It burns fat, lowers cholesterol, and builds your heart, lungs, and muscles.
 - It is non-weight bearing and imposes low stress on the bones and joints.
 - It improves cardiovascular conditioning.
 - It is an effective weight-control exercise.
 - It is a form of meditation that helps calm the nerves.
 - It uses most of the major muscle groups, and strengthens both the upper and lower body.
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QUICK STROKE TIPS

- **Freestyle** – Roll your hips from side to side and keep your nose pointing toward the bottom of the pool unless breathing.
 - **Backstroke** – Roll your hips from side to side and keep your nose pointing toward the ceiling.
 - **Breaststroke** – Put your head down between your arms and glide with head underwater during the kick.
 - **Butterfly** – Your hips go up as your hands go in.
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JUST STARTING OUT?

Aim for 30 minutes, most days of the week. Once in the water, start with stretching and warm-up exercises, such as walking through the water or kicking. This gradually speeds your heart rate and gives muscles and joints a chance to warm up.

Next, swim laps, alternating different strokes to reduce boredom and work different muscle groups. Gradually increase and then decrease your intensity. Try handheld paddles designed to intensify a workout. Or add in a set of 10 sprints of about 50 yards each resting 30 seconds between each sprint. Finally, swim a lap or two at a relaxed pace for a cool-down, then stretch.

Drink plenty of fluids before and after your workout. It's easy to become dehydrated, even during water workouts.