

Untitled document

When Is It Suitable to Increase the Water Temperature of My Pool?

Your pool's water temperature should never exceed 95 degrees Celcius; however, a pool with a higher water level may be suitable for certain groups of people. People with a medical condition such as arthritis and specifically the elderlies may find that water with a temperature between 90 to 92 degrees Celcius may help ease their joint pain. The reason is that warmer water helps to loosen up the muscles and stimulates more blood flow, which causes moving underwater to be bearable.

This explains why most aerobics instructors would typically recommend exercises in warmer water to help loosen up the muscles and joints. On top of that, water temperatures between 84 to 90 degrees Celcius are also good for new swimmers that just getting started learning how to swim. This is because these levels of water temperature help keep new swimmers calm and relaxed during the lessons.

When Is It Suitable to Decrease the Water Temperature of My Pool?

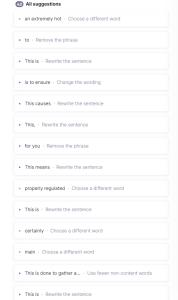
There are many rumors about swimming in cold water, but there's also plenty of health benefits linked to swimming in cold water. However, it's always wise for you to understand the 1,519 words extreme water temperatures under the 8.838 characters

Now, you might be wondering how colbefore it has the potential to cause har

11 min 41 sec speaking time

6 min 4 sec reading time

√ 56 readability score U H1 H2 8 ⊞







Overall score 91 See performance

Goals Adjust goals

All suggestions



Clarity Mostly clear

Engagement Engaging

Delivery









