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Splash Yourself Slim

Now that it is summer time it is very hot outside, and that can make you not want to do stuff out side. But rather than riding your exercise bike you can go swimming and burn more calories for the same amount of time. Here are a few activates you can do in the pool to help you lose weight that you can do either by your self or with family and friends.

It's hot out there! There's no time like the present to submerge yourself in some refreshing H2O. And while you're at it, you can burn calories and tone up all over—faster, in fact, than if you [exercised](#) in the air-conditioned sanctuary of your gym. Why? Water provides 12 to 15 times more resistance than air. So you can burn as many as 3 ½ times more calories than if you walked at a moderate pace—and it's more refreshing! You don't even have to swim to get these results. Here are 21 easy ways to get started, from solo moves you can do in a pool or at the beach to high-energy games for the whole family. You'll have more fun, stay cool, and shed pounds in no time.

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