

Published based on [Swimming pools](#)

Swimming pools

Swimming is like a usual thing for many of us. Most people go swimming daily and some people do it weekly. It is important to go for a swim in clear water.

Many a swimming pool in your local gym or leisure centres pool cleaning procedure carries out is every morning. Hence it is wise to go swimming early in the morning and avoid the dirty water from the afternoon and evening sessions.

Why go early in the morning??

You will burn more fat when you exercise in the morning than exercising in the afternoon or evening. The reason it burns fat is because your body hasn't consumed any food for few several hours when you were sleeping. In the morning normally people do not consume carbohydrates and when you wake up your body is looking for energy and carbohydrates. And when you exercise before eating your breakfast, it will use the body fat instead of any consumed carbohydrates or energy because you do not have any and it improves your fat burn ability.

Swimming can be used as relaxation or fitness program or exercise. Swimming in the morning means you swim in clean water avoiding the infections and germs from the evening as many people would have used it before you.

Local community gyms and leisure centres tend to use swimming pool chemicals to clean the swimming pool early in the morning or sometimes in the late evenings. So when you enter the pool in the morning you are swimming in a fresh crystal clear water, which helps your skin from any infections or germs.

So for your outdoor swimming pools you will require these chemicals and swimming pool covers, to keep the pool covered from horrible weather conditions of UK. To be honest if the pool is not clean then there is more chance of people getting the infections and this can spread. So be careful in choosing your swimming pool. Always swim in crystal clear water.

You can also find this article published on [Swimming pools](#), and on the tag pages [body](#), [fitness](#), [health](#), [leisure](#), [recreation](#), [sports](#), [swimming](#).