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## Media Release

### [25 Fantastic Reasons to Own a Pool or Spa](#)

**While swimming is most often associated with Summer, it's a physical activity that anyone can participate in at any time of the year.**

As soon as the weather heats up, everyone starts looking around for the friend with the pool or swim spa. But how wonderful – and more convenient – would it be to have one of your own in your own backyard!

Swimming isn't just a fun way to cool off during the Summer. Swimming is one of the few activities that doesn't cost a lot of money or require expensive equipment – and it holds no age or ability barrier.

**CEO of the Swimming Pool and Spa Association of Victoria (SPASA Victoria) Chris Samartzis says, “Swimming pools and spas are wonderful additions to the lifestyle of every Australian home. Exercise - and the social capital provided by a pool or spa - are immeasurable. With the current childhood obesity epidemic, the health and fitness benefits of pool and spa ownership are undeniable.”**

[Here's an article featuring 8 incredible health benefits of owning a pool](#)

**Swimming provides countless health benefits to pool and spa owners:**

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|---|---|
| <ul style="list-style-type: none"> <li>• Increases Flexibility</li> <li>• Burns Calories</li> <li>• Helps You Quit Smoking</li> <li>• Improves Coordination and Posture</li> <li>• Improves Posture</li> <li>• Good for Anyone and Everyone</li> <li>• Total-Body Workout</li> <li>• Cardio Conditioning</li> <li>• Beats the Heat</li> <li>• Self-Esteem</li> <li>• Taller, Longer, Leaner Body</li> </ul> | <ul style="list-style-type: none"> <li>• Weight Loss</li> <li>• Socialisation</li> <li>• Team and Individual Sport</li> <li>• Prevents Drowning</li> <li>• Improves Mental Health</li> <li>• Helps with Chronic Diseases, Post-Op, and as Physical Therapy</li> <li>• Relieves Stress</li> <li>• Boosts the Immune System</li> <li>• Family Oriented</li> <li>• Joints</li> </ul> |
|---|---|

### **Add Value to Your Property**

Not only is swimming good for you and fun for the whole family, investing in a home pool or spa can add value to your property. Read the articles below to see why owning a pool or spa makes smart financial sense. So if you're looking for a cheap, fun and healthy activity over Summer - or thinking about investing in a swimming pool or spa for your home – visit [www.spasavic.com.au](http://www.spasavic.com.au) and remember – always choose a SPASA Victoria Member!

[Visit SPASA Victoria's webpage highlighting all the benefits of Pool & Spa ownership HERE](#)





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[A Swimming Pool - The Number One Way to Boost the Value of Your Home](#)

[A Place to Unwind: Understanding the Benefits Of Having A Swimming Pool](#)

[The Age & Herald Sun Promote the Value of Pools](#)

[Pools Add At Least \\$140,000 In Value to A House](#)

[Buy a Pool & Invest in Your Future](#)

[Pools – A Worthy Investment](#)



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