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19 Boundary Street
BUNDABERG QLD 4670
Ph: 4152 6499
E: pools@donemans.com.au
W: www.donemans.com



NewsSplash

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Swimming Keeps You Young

7 health benefits of swimming in your pool

We all know exercise is good for us, but did you know that swimming works and tones almost every muscle in your body without putting stress on your joints?

Better than a gym any day! **Here's a rundown of some of the health benefits a regular swim can have for you:**

Improves your mental and physical health

Swimming for 30 minutes three times a week reduces your risk of type 2 diabetes by more than 10 per cent, as well as raising the levels of good cholesterol, which in turn reduces your risk of heart disease. As well as improving your cardiovascular health, the way your brain replaces cells that are lost through stress can be altered through regular swimming, so if you've been feeling a bit down lately, jump in your pool to improve your mood.

Stretches and strengthens the body

As you swim, with each stroke you are reaching out and therefore lengthening your body, stretching and toning most muscles from your top to your toe. Your arms and shoulders especially get a good workout, as they pull the rest of your body along, while the kicking action from your legs definitely still gives your leg muscles a bit of work.

Anyone can do it!

Did you know that when you are up to your neck in water, you are only supporting 10 per cent of your total body weight? This means that swimming is very gentle on joints, and therefore is suitable for just about everyone, from the elderly, to the injured and the disabled. Exercise in water is a great way to ease yourself back into things after injury, and provides a safe environment for those with limited movement in their joints.

Keeps you young

Research conducted has shown those who swim regularly delay the ageing of their body. The study found that the decline of age markers such as muscle mass, blood pressure and chemistry and pulmonary function were delayed for decades in those who swam four kilometres three or four times a week.

Shrinks your waistline

Swimming is fantastic exercise to incorporate into your regime, particularly if you are trying to lose weight or maintain a healthy weight. It provides both a resistance and cardio workout at the same time, optimal for weight loss! You'll be toned and ready for that bikini / speedo in no time at all.

So if you want to improve your health and wellbeing, just hop on into your pool and start swimming!



Pool Safety Check Up

With summer quickly approaching, the kids are no doubt eager for some hot weather to lure them into the pool.

As a reminder to pool & spa owners of what to consider in water safety, KidSafe is launching "Check Your Pool Gate Day", to make sure regular checks & maintenance of barriers are being done, along with raising water safety awareness and knowledge of parents & carers.

According to KidSafe, pool & spa fencing will experience wear & tear over time, so here are four things to look for:

- Gates that don't self-latch or close
- Climable objects (e.g. pot plants, chairs etc. near the pool fencing which could allow a child To climb over the fence)
- Excess space under the fence
- Misuse (e.g. propping the pool gate open)

So before the kids go bombing into the deep end, make sure you've done a safety check to keep your summer swimming incident free.



Did you Know??

- *Swimming strengthens the heart & lungs
- *Swimming helps reduce stress

General Maintenance Tips

Cleaning the skimmer & Pump Baskets



Cleaning the skimmer & Pump Baskets regularly is important to the overall maintenance of your swimming pool. Clogged baskets mean your pump has to work harder to try to cycle the water. This can decrease the life and stress the seals in your pump.

With water flow impeded by baskets full of debris, you are not getting the proper turnover rate to properly filter your water. For your pool to stay clean & clear the water must be filtered. With your skimmer and pump baskets full of debris, you are not pulling as much water to the pump, and not filtering as much water as if the baskets were kept clean. This can have a negative effect on your **pool maintenance**.

Clean the skimmer & pump baskets at least once a week to ensure your pool remains in pristine condition.



Product of the Month

AQUASPA INSTANT FILTER KLENZ

AquaSpa Instant Filter Klenz is a fast acting cartridge cleaning agent that removes debris, oils, body fats and dirt from you spa filter to create a longer lasting and more efficient filter. **Available In-Store Now!!**



Donemans top tips for spring

Donemans has some **great tips** to get your pool into tip top condition. And with spring in the air, here's what you need to do to ensure you pool's ready to dive into the first day of summer.

- *Thoroughly clean the pool and vacuum the walls and floor
- *Check the pump and all filtration equipment are in working order
- *Check or replace fittings and check for leaks
- *Check the chlorine and PH levels every 2 weeks
- *Ensure the skimmer and pump baskets are emptied regularly
- *Check the water level is adequate (Approx. half way up the skimmer box)
- *Check the filter gauge and backwash if required
- *Turn the pool lights on for at least 30 minutes a week to prevent build-up of moisture within the light and wiring.

So with a bit of preparation and warming weather, your pool will soon be beckoning you to bare the flesh for your first refreshing swim of the season.

Pool Toys

Fun Pool Toys for summer

Keeping the kids entertained this summer is easier than ever, with a huge range of pool toys & inflatables from Donemans.



Floating entertainment is particularly popular with the under 10s age group, supplying hours of fun as they jump in and out of the pool all day long.

Choose from classic favourites like dive rings or noodles, or go for something more action-packed like ride-on inflatables with water squirts.



Savings is always in season

A top tip is to replace your single speed pump with a multi (or variable) speed pump. They've been engineered to significantly reduce high electricity consumption and CO2 emissions. The 5- star rate Speck Badu Eco Touch Pump has a three speed motor which allows owners to set the pump at a low, energy saving flow rate. The pump uses almost 80% less energy than when operating at a standard high flow rate speed. It won't take long before it well and truly pays for itself.