



A COMPLETE WRITING REPORT WILL BE PROVIDED!!!

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 elderly 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 potential risks of using extreme water temperatures under the

Now, you might be wondering how cold water can affect your body before it has the potential to cause harm.

B I U H1 H2 | ☞ ☛ ☚ ☜ ☝ ☞ ☛ ☚ ☜ ☝

- 1,519 words
- 8,838 characters
- 6 min 4 sec reading time
- 11 min 41 sec speaking time
- ✓ 56 readability score

42 All suggestions

- an extremely hot - Choose a different word
- to - Remove the phrase
- This is - Rewrite the sentence
- is to ensure - Change the wording
- This causes - Rewrite the sentence
- This, - Rewrite the sentence
- for you - Remove the phrase
- This means - Rewrite the sentence
- properly regulated - Choose a different word
- This is - Rewrite the sentence
- certainly - Choose a different word
- main - Choose a different word
- This is done to gather a... - Use fewer non-content words
- This is - Rewrite the sentence

Hide Assistant ☰

Overall score **91**
See performance

Goals
Adjust goals

All suggestions

Correctness **✓**
Looking good

Clarity
Mostly clear

Engagement
Engaging

Delivery
Just right

Style guide **☑**
All good

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