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A Healthier Swimming Environment for Highland and Hinsdale, IL Residents by [Cathy Newman](#)

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Swimming is a fun activity whether it's just you or a group. Like all sports, it offers significant health benefits which contributes to an improved well-being. For Highland Park and Hinsdale homeowners to maximize the benefits of swimming, their pools must undergo maintenance services.

Swimming is an enjoyable activity that burns calories, strengthens cardiovascular and muscular endurance, and helps reduce stress. However, contact with contaminated water in swimming pools may be a cause for illness. Even if the water has been adequately chlorinated or sanitized, swimmers can acquire diseases like shigellosis, E. coli, and leptospirosis.

Water-borne diseases like the aforementioned may all be prevented through simple pool maintenance measures. Homeowners can do this on their own or may contact their local swimming pool company for this service. Some things to take note of include: circulation, filtration, cleaning, testing, and chemistry.

Pool water must be circulated for maximum sanitizer effectiveness. When your water remains in motion, bacterial infection is prevented. Another way to prevent bacteria is regular cleaning, making brushing pool walls and floors a must even if you have an automatic pool cleaner. Moreover, filtration is necessary, as your filter removes visible and microscopic debris in your pool. Finally, testing and chemistry come hand in hand in maintaining your pool. Take note of the pH and level of active sanitizer, and apply the right products on your pool at the right time. This ensures a healthy and sanitary swimming environment where the water is brilliant, sparkling, and inviting.

The routine pool maintenance Highland Park companies offer is recommended to be conducted on a weekly basis. This includes checking and balancing water chemistry, skimming the surface, brushing walls, vacuuming, and inspecting equipment. Other services may include filter backwashing, pool shocking, and algacide application. Homeowners can rely on their pool cleaners to schedule them at a convenient time.

The quality pool maintenance Hinsdale residents can rely on is all-inclusive. With premium services, homeowners can expect white glove treatment for them to truly enjoy their pools. A premium package usually includes opening and closing your pool and two weekly maintenance visits plus the chemicals that you will need for the sessions.

With the regular pool maintenance Highland Park customers can count on, residents and guests can get a better swimming experience with their pools. Feel confident to invite people over to your house to enjoy a well-maintained pool. For more information on pool maintenance, visit [poolpeopleusa.com/poolfacts.aspx](http://poolpeopleusa.com/poolfacts.aspx).

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