



"The Swimmer is teaching us a multitude of lessons; your task is to look up and take it all in."

- Heather Elder, Notes from a Reps Journal

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Walter Strohmeyer has had a deep connection with the ocean for his entire life. Nature is a powerful force that complements a high quality of life. This short film is inspiring and thought provoking, and depicts how one can bond with nature to support a fulfilling life.

DIRECTOR: BLAISE HAYWARD

82% OF SENIORS STRUGGLE WITH PHYSICAL INACTIVITY

SENIORS CAN REDUCE HEART DISEASE AND DIABETES BY 30%
WITH 30 MINUTES OF SWIMMING PER DAY

SWIMMING ALSO PROMOTES HAPPINESS
AND REDUCES STRESS FOR ALL AGES

RELEVANT UN SUSTAINABLE DEVELOPMENT GOALS:



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PlasticOceans.org/the-Swimmer/

DISCUSSION QUESTIONS

- 1 Why do you think Walter states he feels like he is in his 40's, when in reality he is much older than that?
- 2 In the film, Walter explains that he likes to go with the current of the ocean because it helps him feel like he is making progress. Why do you think that is? And, are there any areas of your life where you currently do this or could start?
- 3 Walter's swims are a form of meditation for him and they lift his spirits. Is there a place in nature that you visit to lift your spirits and recharge?
- 4 How do you think spending time in nature can add to your quality of life?
- 5 Do you think if you spent more time in nature you would have a deeper connection to it? Why or why not?
- 6 The loss of a loved one can be a lifelong healing process. Walter discussed that when he feels depressed from the passing of his wife, he often takes to the sea for a swim as a way to alleviate his depression and raise his spirits. What are some other ways being in or near the water can help improve one's mental health?
- 7 At 90 years old, Walter is active and healthy. How do you think his lifestyle and routines contribute to that? Do you think the ocean supports this as well?
- 8 Given their age, elders may often feel isolated or marginalized in their community. Walter did mention he feels isolated from time to time. What are some innovative ways to improve these circumstances for older generations?

