



WRESTLING FOR HEALTH AND WELLBEING

Wrestling combines strength, endurance and determination to grapple, throw and hold their opponent down. It is generally performed indoors on mats.

COMMONWEALTH GAMES FACT:

Wrestling was one of the seven original sports to be included in the first Commonwealth Games in 1930. Watch freestyle wrestling at Coventry Arena.

General Wellbeing Benefits

Wrestling is a vigorous intensity activity which means there could be benefits for your wellbeing:

IMPROVES

Sleep
Mood
Confidence & self-esteem
Memory and cognition

REDUCES

Stress
Irritability
Loneliness & social isolation
Fatigue

General Health Benefits

In addition to being fun it may have health benefits:

REDUCES RISKS IN

Many cancers
Diabetes
Heart attack
Stroke
Obesity

HELPS & IMPROVES

Anxiety
Blood glucose levels
Cholesterol
Menopause
Joint & muscle pain

Research that focuses on wrestling specifically is small but some have found it improves:

Muscle strength	Bone health
Body fat percentage	Behaviour in children with ADHD

Counts towards the UK Chief Medical Officer's recommended 150 minutes of moderate, 75 minutes of physical activity or 2 days of muscle strengthening per week

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GET INVOLVED

Where to wrestle in Birmingham:

Wrestling clubs

Schools, academies and universities

www.sportbirmingham.org

Other wrestling opportunities:

This Girl Can

www.britishwrestling.org



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