



BASKETBALL & WHEELCHAIR BASKETBALL FOR HEALTH AND WELLBEING

Basketball combines quick thinking and team work. It can help improve your physical fitness, stamina, and strength. It is an all-inclusive activity that all ages and physical ability can enjoy playing inside or outside.

COMMONWEALTH GAMES FACT:

Basketball debuted in the Commonwealth games in 1966. Wheelchair basketball was first played in 1956 at the international games in Stoke Mandeville. Watch 3 x 3 and wheelchair basketball at Smithfield, Birmingham.

General Wellbeing Benefits

Basketball is a moderate - vigorous intensity activity which means there are multiple benefits to your wellbeing:

IMPROVES

REDUCES

Sleep	Stress
Mood	Irritability
Confidence & self-esteem	Loneliness & social isolation
Memory and cognition	Fatigue

General Health Benefits

In addition to being fun and something you can do with your family and friends, it also has lots of health benefits:

REDUCES RISKS IN

HELPS & IMPROVES

Many cancers	Anxiety
Diabetes	Blood glucose levels
Heart attack	Cholesterol
Stroke	Menopause
Dementia	Joint & muscle pain

Basketball has specific evidence to improve:

Depression	Wheelchair mobility
Blood pressure	Asthma
Cholesterol	Schizophrenia
Reducing body fat	Autism
Weight loss and maintenance	Bone health

Basketball and wheelchair basketball 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

GET INVOLVED

Where you can play basketball:

Local parks and green spaces / back garden
leisure & wellbeing centres / schools,
academies and universities

www.sportbirmingham.org

Other basketball opportunities:

Basketball clubs
Hoopz basketball program
This Girl Can
We Are Undefeatable
Friends and Family

www.britishwheelchairbasketball.co.uk
www.basketballengland.co.uk

Author: Dr Lisa Hyland



A BOLDER HEALTHIER BIRMINGHAM