



RUGBY FOR HEALTH AND WELLBEING

Rugby is an activity that combines strength, speed and agility. It improves aerobic fitness, stamina and strength and can be done with contact or non-contact, inside and outside, at any age and physical ability.

COMMONWEALTH GAMES FACT:

Rugby 7s first appeared in the Commonwealth Games in 1998. It features 7 players instead of 15, on a full-sized pitch with two halves of seven minutes each. Watch Rugby 7s this Commonwealth Games at Coventry Stadium.

General Wellbeing Benefits

Rugby is a moderate - vigorous intensity activity which means there are multiple benefits to 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 and something you can do with your family and friends it has benefits to your health:

REDUCES RISKS IN

Many cancers
Diabetes
Heart attack
Stroke
Obesity

HELPS & IMPROVES

Anxiety
Blood glucose levels
Cholesterol
Menopause
Joint & muscle pain

Rugby is a team activity and has evidence to improve:

Diabetes	Blood pressure
Bone health	Disabilities
Fitness	Muscle strength
Confidence	Reduces body fat

Author: Dr Lisa Hyland

Rugby 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 rugby:

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

www.sportbirmingham.org

Other rugby opportunities:

Leisure and wellbeing centres

Rugby club

Wheelchair Rugby

Tag Rugby

This Girl Can

Friends and family

www.englandrugby.org



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