

# TRIATHLON FOR HEALTH AND WELLBEING

Triathlon is an endurance activity that involves swimming, cycling and running. It is an activity that improves aerobic fitness, stamina and speed. There are a number of different formats and Birmingham 2022 will feature the sprint distance which involves a 750m swim, 20km cycle and 5km run.

## COMMONWEALTH GAMES FACT:

Triathlon debuted in the Commonwealth Games in 2002 and alongside paratriathlon, it can be watched at Sutton Park, Sutton Coldfield, Birmingham.

## General Wellbeing Benefits

Triathlon is a moderate - vigorous intensity activity which means there are many wellbeing benefits:

### IMPROVES

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

### REDUCES

## General Health Benefits

In addition to being fun and something you can do with your family and friends it may provide benefits to your health:

### REDUCES RISKS IN

### HELPS & IMPROVES

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

The individual activities that make up the triathlon have many benefits, although research that focuses on triathlon specifically is small there are benefits to:

Fitness	Muscle strength
Weight loss and maintenance	Reducing body fat
Stamina	Reducing fatigue
Quality of life	Well-being

Triathlon 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 get involved in triathlon activities:

Local parks, woods, forests and green spaces  
Swan Pool and Upper Bittel Reservoir  
Leisure and wellbeing centres  
Schools, academies and universities  
Triathlon club

[www.sportbirmingham.org](http://www.sportbirmingham.org)

Other triathlon opportunities:  
[www.britishtriathlon.org](http://www.britishtriathlon.org)

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