

BEACH VOLLEYBALL FOR HEALTH AND WELLBEING

Beach volleyball is an activity that combines quick thinking, tactics and team work. It improves aerobic fitness, stamina, and strength. Beach volleyball has 2 players on each team competing on sand which is uneven and unstable making it harder than indoor volleyball.

COMMONWEALTH GAMES FACT:

Beach volleyball debuted in the Commonwealth Games in 2018. Watch beach volleyball this Commonwealth Games at Smithfield, Birmingham.

General Wellbeing Benefits

Beach volleyball 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

Research that focuses on beach volleyball specifically is small but some have found it increases:

Fitness	Muscle strength
Stamina	Muscle power

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
Heart disease
Heart attack
Diabetes
Stroke
Dementia
Osteoporosis
Falls

HELPS & IMPROVES

Anxiety and depression
Blood pressure
Cholesterol
Blood glucose levels
Joint & muscle pain
Parkinson's disease
Osteoarthritis
Asthma and COPD

Beach Volleyball 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

If you want to try sitting volleyball or volleyball instead here are some options:

- Local parks and green spaces
- Leisure and wellbeing centres
- Schools, academies and universities
- Local volleyball club
- This Girl Can
- www.volleyballengland.org

Author: Dr Lisa Hyland

GET INVOLVED

Where you can play beach volleyball:

Watch this space as the sand from the Smithfield court will be shared locally after the Commonwealth Games
www.sportbirmingham.org



A BOLDER HEALTHIER BIRMINGHAM