



CRICKET FOR HEALTH AND WELLBEING

Cricket combines concentration, quick reflexes and hand-eye coordination. It improves aerobic fitness, stamina and strength and can be played inside and outside, at any age and physical ability. It is an all inclusive activity.

COMMONWEALTH GAMES FACT:

T20 Cricket makes its debut this year at the Birmingham 2022 Commonwealth Games, watch it live at Edgbaston Cricket Ground.

General Wellbeing Benefits

Cricket is a moderate 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

Cricket is a team activity and as a team sport has evidence to improve:

Mental health	Self-esteem and confidence
Disabilities	Life satisfaction
Fitness	Muscle strength
Motor skills	Cognitive skills

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A BOLDER HEALTHIER BIRMINGHAM

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

Cricket 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 cricket:

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

Other cricket opportunities:

Cricket club
Hoopz basketball program
This Girl Can
www.ecb.co.uk
We Are Undefeatable
Friends and Family