

NETBALL FOR HEALTH AND WELLBEING

Netball is an activity that requires quick thinking, agility and team work. It can help you improve your aerobic fitness, stamina, strength and balance. You can enjoy a game of netball indoors or outdoors and it is suited to any age or physical ability.

COMMONWEALTH GAMES FACT:

Netball debuted in the Commonwealth Games in 1998, in 2018 Team England won their first gold medal! Watch netball at this year's Commonwealth Games at the NEC, Birmingham.

General Wellbeing Benefits

Netball is a moderate - vigorous intensity activity with many wellbeing benefits:

IMPROVES

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

REDUCES

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

Mental health	Self esteem & confidence
Disabilities	Fitness
Strength	Motor & cognitive skills
Social networks & support	Bone health

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 HELPS & IMPROVES

Many cancers	Anxiety and depression
Heart disease	Blood pressure
Heart attack	Cholesterol
Diabetes	Blood glucose levels
Stroke	Joint & muscle pain
Dementia	Parkinson's disease
Osteoporosis	Osteoarthritis
Falls	Asthma and COPD

Netball 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 netball:

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

Other netball opportunities:

Birmingham Netball
 Back to Netball
 Walking Netball
www.englandnetball.co.uk
 This Girl Can
 We Are Undefeatable

Author: Dr Lisa Hyland



A BOLDER HEALTHIER BIRMINGHAM