

GYMNASTICS FOR HEALTH AND WELLBEING

Gymnastics is an activity that combines agility, flexibility and control. It improves co-ordination, strength and balance and can be done at any age and physical ability. It is an inclusive activity that can be done as an individual or team.

COMMONWEALTH GAMES FACT:

In 1978 artistic gymnastics debuted in the Commonwealth Games and the optional discipline of rhythmic gymnastics debuted in 1994. Team England have won the medals table in the past two games. Watch artistic and rhythmic gymnastics this Commonwealth Games at Arena Birmingham.

General Wellbeing Benefits

Gymnastics 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 has benefits to your health:

REDUCES RISKS IN

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

HELPS & IMPROVES

Gymnastics has specific evidence to improve:

Bone health	Pregnancy*
ADHD	Autism
Muscle strength & power	Flexibility

* adapted for pregnancy

Gymnastics 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 learn gymnastics:

Gymnastic clubs
Gymnastics and martial arts centre
Schools, academies and universities
www.sportbirmingham.org

Other gymnastic opportunities:

Water gymnastics
Aerobic gymnastics
Trampoline gymnastics
Disability gymnastics
www.british-gymnastics.org

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