

BADMINTON FOR HEALTH AND WELLBEING

Badminton is an activity that combines quick thinking, quick movement and precision power. It helps enhance aerobic fitness, stamina, strength, balance and is suitable for anyone to play inside or outside making it an inclusive activity.

COMMONWEALTH GAMES FACT:

Badminton debuted in the Commonwealth Games in 1966 and has featured England winning in either the singles or doubles competition every year. Watch badminton this Commonwealth Games at the NEC.

General Wellbeing Benefits

Badminton is a moderate intensity activity which means there are multiple benefits for your wellbeing:

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

Badminton has specific evidence to improve:

Autism	Blood pressure
Fitness	Power

Badminton 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 badminton:

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

Other badminton opportunities:

No Strings Badminton
This Girl Can
We Are Undefeatable
Friends and Family
www.badmintonengland.co.uk



Birmingham
City Council

A BOLDER HEALTHIER BIRMINGHAM

