

HOCKEY FOR HEALTH AND WELLBEING

Hockey is a fast paced activity combined with quick thinking, agile manoeuvring and can help to improve your aerobic fitness, stamina, strength and balance. It is suited to anyone or any physical ability and enjoyed indoors or outdoors.

COMMONWEALTH GAMES FACT:

Hockey debuted in the Commonwealth Games in 1998. In 2018, both the women and men's team won a bronze medal for England. Watch hockey in the Commonwealth Games at University of Birmingham Hockey and Squash Centre.

General Wellbeing Benefits

Hockey 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

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

Hockey 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

Hockey 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 hockey:

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

Other hockey opportunities:

Hockey club We Are Undefeatable
 Flyerz Hockey Friends and Family

This Girl Can
www.englishockey.co.uk

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A BOLDER HEALTHIER BIRMINGHAM