



# JUDO FOR HEALTH AND WELLBEING

Judo is a non combative martial art that combines quick thinking, sharp reflexes and self discipline. It improves co-ordination, stamina, strength and balance and can be done at any age and physical ability.

## COMMONWEALTH GAMES FACT:

Judo debuted in the Commonwealth games in 1990 and currently Team England top the all-time medal table with 42 medals, including 28 gold medals. Watch judo at the Commonwealth Games at Coventry Arena.

## General Wellbeing Benefits

Judo 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

Stress	Loneliness & social isolation
Irritability	Fatigue
Loneliness & social isolation	
Fatigue	

Judo has specific evidence to improve:

Fitness	Bone health
Muscle strength	Reducing body fat
Flexibility	Balance
Quality of life	Happiness

## 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

Judo 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

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A BOLDER HEALTHIER BIRMINGHAM

## GET INVOLVED

Where you can learn judo:

Judo clubs

Leisure & wellbeing centres

Schools, academies and universities

Alexander Stadium

Gymnastics and martial arts centre

[www.sportbirmingham.org](http://www.sportbirmingham.org)

Other judo opportunities:

[www.britishjudo.org.uk](http://www.britishjudo.org.uk)