

SQUASH FOR HEALTH AND WELLBEING

Squash is an indoor racquet sport that is usually played by two or four players and combines quick thinking and hand-eye co-ordination. Typically a fast-moving sport, it is suited to all ages of any physical ability and can help improve aerobic fitness, stamina, strength and flexibility.

COMMONWEALTH GAMES FACT:

Squash debuted in the Commonwealth Games in 1998 and has featured England winning in either the singles or doubles competition every year. Watch squash this Commonwealth Games at the University of Birmingham Hockey and Squash Centre.

General Wellbeing Benefits

Squash is a moderate - vigorous intensity activity which means there are multiple benefits to 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

Squash has specific evidence to improve:

Cardiovascular fitness	Respiratory fitness
Muscle strength	Stamina
Flexibility	Lean body mass
Bone health	Life expectancy

Squash 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 play squash:

Leisure and wellbeing centres
Schools, academies and universities
www.sportbirmingham.org

Other squash opportunities:

Squash club
This Girl Can
Friends and Family
www.englandsquash.com