

TABLE TENNIS AND PARA TABLE TENNIS FOR HEALTH AND WELLBEING

Table tennis is a fast-moving activity coupled with quick thinking, concentration and hand-eye coordination. It offers great mind-body stimulation, aerobic exercise and can be played indoors or outdoors, at any age or physical ability which makes it a great inclusive activity for all.

COMMONWEALTH GAMES FACT:

Table tennis and para table tennis debuted in the Commonwealth Games in 2002. Watch singles, doubles and para table tennis at the NEC Arena.

General Wellbeing Benefits

Table tennis 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

HELPS & IMPROVES

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

Table tennis has specific evidence to improve:

Cardiovascular disease	Children's physical fitness
Parkinson's disease	Children's development
Bone health	Muscle strength
Reducing body fat	Mild intellectual disabilities
ADHD	Autism

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 table tennis:

Local parks and green spaces / bars and cafes / leisure & wellbeing centres / schools, academies and universities

www.sportbirmingham.org

Other table tennis opportunities:

Table tennis club

Ping!

This Girl Can

We Are Undefeatable

Friends and Family

www.tabletennisengland.co.uk

www.britishparatabletennis.com

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