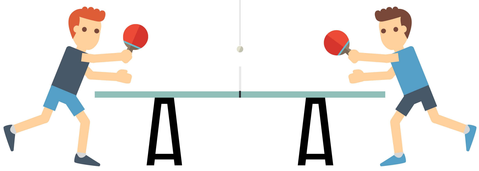
THE HEALTH BENEFITS OF

TABLE TENNIS

Table tennis (known colloquially as ping pong) is one of the world's most popular sports and pastimes. But it offers a lot more than just enjoyment - there are the obvious physical and fitness benefits, and numerous other health and wellbeing benefits you may not have considered...

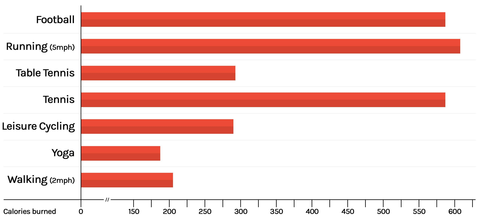
THE WELL-KNOWN HEALTH BENEFITS

- Cardiovascular exercise
- Improves fitness
- Improved hand - eye coordination
- Gentle on joints
- Stimulates concentration



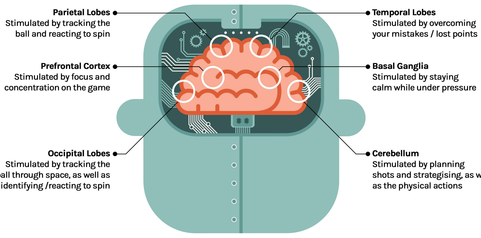
Calories Burned

An hour of table tennis (for a 160lb person) will burn around 280 calories. How does this compare to other popular sports and activities in the United Kingdom?



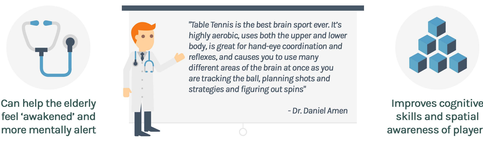
BRAIN AREAS STIMULATED

Table tennis is like 'aerobic chess' according to Dr. Amen from the Table Tennis Charity Foundation, stimulating both body and brain. Here are the parts of the brain worked by the sport:



Keeping the Brain Healthy

Studies suggest that table tennis is extremely good for the brain, making it particularly useful for treatment of the elderly and cognitive diseases:



Can help the elderly feel 'awakened' and more mentally alert

"Table Tennis is the best brain sport ever. It's highly aerobic, uses both the upper and lower body, is great for hand-eye coordination and reflexes, and causes you to use many different areas of the brain at once as you are tracking the ball, planning shots and strategies and figuring out spins"

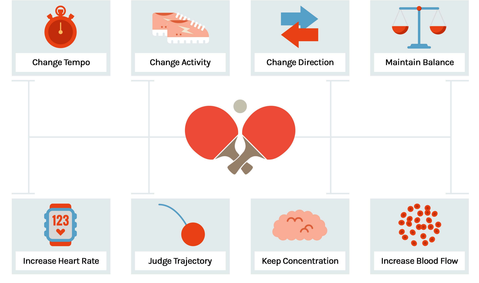
- Dr. Daniel Amen

Improves cognitive skills and spatial awareness of players

TREATMENT OF BRAIN DISEASES

Recent studies have suggested that table tennis could be beneficial in the treatment of brain diseases, including Parkinson's, Alzheimer's and other forms of dementia.

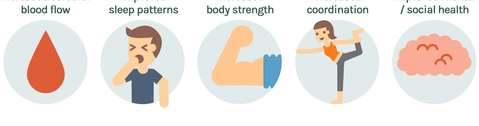
The best types of exercises for Parkinson's and other dementia patients are aerobic and learning-based exercises, which are 'neuroprotective' and counter the progression of the disease. Table tennis is ideal, as it causes the person playing to do the following:



"The clear increase in motor skills and cognitive awareness from playing table tennis is significant, if not remarkable, in its unique benefit for brain disease patients"
- Alzheimer's Weekly

ADDITIONAL BENEFITS

- Increased cerebral blood flow
- Improved sleep patterns
- Increased body strength
- Increased coordination
- Improved mental / social health



SOURCES:
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