



More Than Just a Game

The Health Benefits from Playing Pickleball

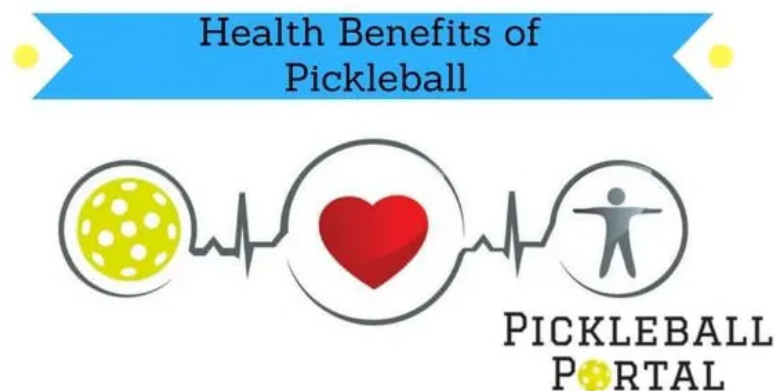
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PICKLEBALL HEALTH BENEFITS FOR AN AGING POPULATION

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By the year 2030, the number of Americans over the age of 65 is estimated to reach 70 million, and adults over 85 will be the fastest growing segment of the US population. As we turn our attention to the many impacts this will have on all aspects of American society, it is increasingly important that we make those later years as vital, healthy, and enjoyable as possible. We do not want an aging population that spends the last decades of their lives sick, dependent, in pain, and unhappy.

A wide range of studies have shown that the best way **to ensure health in longevity is to regularly engage in physical activity**. Even moderate

exercise has been shown to improve all aspects of health with virtually no negative side effects, and the body remains trainable and adaptable into the 80s and 90s. And yet, **by the age of 75, 33% of men and 50% of women engage in no physical activity at all.** In fact, studies show that many of the physical symptoms we associate with old age, like weakness and loss of balance, are actually symptoms of inactivity and lack of exercise.

In addition, many older people are increasingly **socially isolated, and loneliness is associated with a broad range of negative health outcomes.** Loneliness increases stress hormones in the body, increases blood pressure, and weakens the immune system. Isolated seniors have as much as a 64% higher risk for developing dementia over those with regular social contact. Actual or perceived social isolation has been shown to correlate to more than a 29% higher rate of mortality in the elderly.

As we look to solve the personal and social problems of an aging population, it has become clear that regular physical activity contributes to health and well-being in every aspect of life. **Here are just some of the benefits:**

Disclaimer: I am not a doctor nor do I play one on the internet. None of the information in this article is intended as medical advice. Before starting any new physical activity you should consult with a doctor. Some of the sources quoted below were for studies done for other racquet sports, especially tennis. We have made some general observations about the similarity between the two sports and we assume the health benefits of playing pickleball would be similar to those studied – but we make no health claims about pickleball.

Physical benefits of regular activity:

- Protects the body against certain forms of cancer
- Protects against heart disease
- Improves balance and control, reducing the risk of falling
- Increases muscle mass and bone density, reducing risk of osteoporosis
- Improves bone health and strength, reducing the risk of fractures
- Reduces the risk of developing high blood pressure, and reduces blood pressure in people with hypertension
- Reduces risk of developing diabetes and health problems associated with diabetes
- Helps people with chronic, disabling conditions improve their stamina and muscle strength
- Helps maintain healthy bones, muscles, and joints
- Controls joint swelling and pain associated with arthritis
- Maintains and improves cardiovascular function
- Increases overall life expectancy
- Improves metabolism and helps weight control

Mental benefits of regular physical activity

- Protects against dementia
- Protects against Alzheimer's disease
- Preserves cognitive function
- Improves memory
- Emotional benefits of regular physical activity
- Reduces symptoms of anxiety and depression
- Fosters improvements in mood and feelings of well-being
- Alleviates symptoms of depression and depression-related behaviors
- Improves the concept of personal control and self-efficacy

While there are medications, treatments, therapies, and interventions for every one of these risk factors and disease conditions, each one comes with its own potential risks, side effects, and negative interactions. **Exercise is so**

thoroughly beneficial to every system and process in the body, the far-reaching effects are almost incredible. But it's been proven that every system and organ in the body is sustained and improved by exercise, whether directly as a cause of that activity, or secondarily as an effect of improved heart and circulatory functions.

And exercise is integral to preserving a healthy mind, more than any medication or intervention. For most people, it is the loss of cognitive function and memory that is more troubling than physical illness or weakness associated with age; a healthy mind makes a longer life enjoyable, meaningful, and worth living.

Studies show that it is never too late for a person to begin a moderate exercise program. **Physical activity in a sedentary person over the age of 50 has the same health benefits as quitting smoking for men, and eases symptoms of menopause in women.** While older adults may not achieve the same physical fitness markers recognized in younger people, exercise still improves overall health, reduces disease risk factors, and improves functional capacity at any age. Most importantly, physically active older people are able to live independently and maintain their lifestyle for years longer than those who remain sedentary.

How to incorporate physical activity into your lifestyle

In order to gain the greatest benefit from an exercise routine, it should be practiced consistently. But remember, it's not just consistency that is important, but variety.

Many of the **cognitive benefits of exercise** come from:



Cognitive Function and Sports

- Learning
- Remembering
- Anticipating
- Reacting
- Planning

Certain activities build the connection between the body and mind and support both, helping to retain the mental agility and concentration associated with young brains, as well as boosting mood and self-confidence.

So, while doing chair-based exercises or riding a stationary bicycle is certainly healthful and far better than remaining sedentary, incorporating activities that include variety and test the brain are better for sustaining overall health.

A healthy lifestyle might include undertaking a variety of different physical activities, trying them out and seeing what you like. In the summer months, take tai chi in the park, and in the winter, learn to ballroom dance. Take up dog walking for mentally and emotionally engaging exercise, or swim at a community pool. Volunteer at an after-school program or a soup kitchen. There are a million ways to become more active and keep your body and brain working, so you keep trying different things until you find the activities you

enjoy. Pickleball is considered the fastest growing recreational sport in the US and the biggest demographic playing the game are 65+ and the players over the age of 55 years old makeup almost 3/4 of the active pickleball players.

Finally, try to make it social. While you do exercise to benefit your body and brain, **it's a great way to benefit your emotional health as well.** Loneliness in older people is rapidly becoming a public health concern, as lowered mood and depression along with weakened support systems cause increases in the frequency of hospitalization and length of hospital stays. Finding a group of people to regularly play pickleball or go bowling with increases the feeling of emotional support and connectedness. This sense of belonging is incredibly important for lasting well-being and good health, and being part of a healthy activity with friends is essential. Engaging in physical activity with friends makes it more enjoyable, and greatly **increases the likelihood that you will continue the activity on a regular basis.**

Specific Psychological Benefits to Playing Pickleball

Investigators have also taken note of the positive social aspect of pickleball. **A study published in the *Journal of Positive Psychology* in Oct 2017 by researchers from Florida State University, the University of Georgia and Texas A&M University** surveyed a total of 153 pickleball players between the ages of 51 and 85, at pickleball competitions. They found that the camaraderie among pickleball players had a positive impact on the player's lives. The more deeply involved they were with the sport, the more likely they were to have a positive outlook on the aging process and were more satisfied with their current lives.

The Benefits of Playing Pickleball

In order to maintain or improve health, adults over 65 should make physical activity and moderate exercise part of their daily routine.

Pickleball is a good source of moderate physical activity. The ideal exercise recommendations for older adults are:

To maintain health and prevent degeneration: **150 minutes a week of moderate activity**

Moderate activity improves circulation and lung function, as well as overall fitness. It can be undertaken in 20 minutes a day, or two 10-minute intervals a day. Intervals shorter than 10 minutes have reduced cardiovascular benefits

Moderate activities include:

- Walking
- Water aerobics
- Line and ballroom dancing
- Riding a bicycle at a moderate pace on level ground
- **Playing doubles pickleball**
- Canoeing or kayaking
- 2 sessions of strength training every week

Strength training improves bone health, maintains a healthy weight, and regulates blood sugar. **Older adults who have been sedentary should focus on working the major muscle groups of the body, including the arms, legs, back, and abdominal muscles.** Pickleball is a good option since it works both your legs and upper body (when swinging the pickleball paddle).

Using light weights or resistance bands, complete 8-12 repetitions of each muscle movement

If 8-12 repetitions is easy, increase the amount of weight or resistance, or do another set of 8-12

To further improve health and increase fitness, physical activity can be more frequent, more vigorous, or longer in duration. **Examples of more vigorous activities are:**

- Jogging or running
- Aerobics
- Fast swimming
- Bicycle riding fast or on hilly terrain
- **Singles pickleball**
- Hiking uphill
- Martial arts
- Football or soccer

Pickleball For Seniors

Among activities recommended to improve health in older adults, pickleball has received a lot of attention. Pickleball is a popular sport and growing sport, played by almost 3 million in the US and more recently people all over the world are picking up the sport. Here's a quick video pointing out some of the features that are attracting so many seniors to pickleball.

Tennis has a longer history and is played by many more people so it has been

looked at more closely in the world of sports science compared to pickleball which only started in 1965 and only recently boomed in popularity **So for well-documented examples we look to other, more long-standing racket sports, especially tennis.** Most people who play tennis maintain their participation in the sport throughout their lives. For that reason, **tennis has attracted the interest of researchers as a strong candidate to improve the levels of physical activity throughout the population.**

According to [a study published in 2007 by the British Journal of Sports Medicine](#), tennis has a far range of positive health outcomes scientifically demonstrated across a broad range of research. As mentioned early, we have not seen any official medical studies on pickleball. However, based on the similarities between the two sports, one can extrapolate that similar health benefits, at least to some degree, would be achieved by playing pickleball frequently.

Pickleball improves aerobic capacity.

One study proved that tennis players had higher maximum oxygen uptake, compared with normally active non-tennis playing control participants.

Another showed that in sedentary, middle-aged volunteers, playing tennis 3 times a week for 30 minutes at a time over 20 weeks improved their endurance by 5.7%. Most readers we surveyed played pickleball for longer than 30 mins, with the average playing session lasting between 60 and 90 mins.

Does Pickleball reduce obesity?

The British showed that recreational tennis players ages 23-69 who play on average of twice a week have 3.5% less body fat than age-matched controls.

Studies also show that **veteran tennis players over the age of 60 are, on average, 3% leaner** than non-tennis playing moderately active control participants. Although the pickleball court is smaller than a tennis court, based on the similar movements between the two sports we can assume that pickleball also helps reduce obesity albeit to a slightly lesser degree.

Does **Pickleball** improve hyperlipidemia?

Among a group of male senior **tennis** players aged 40-60+ who were compared with moderately active age-matched controls, there were no differences for overall cholesterol, LDL cholesterol, HDL cholesterol, or triglycerides. **However, the tennis players overall had an average of HDL cholesterol of .21mmol greater than the controls. The 60+-year-old tennis players had an average HDL cholesterol .06mmol greater than their age-matched controls.**

*HDL is considered the "good" cholesterol. [Click here for an explanation of HDL vs LDL from the American Heart Association.](#)

Does **Pickleball** help diabetes?

In one interesting study, a group of men and women over 60 with type II diabetes were studied as they learned to play **tennis**. They played with a modified ball for 90 minutes twice a week for six weeks. Over the study, there were **small but significant increases in plasma insulin and c-peptide production. The mean glucose concentration in the players also fell during the course of each 90 minute session.**

Does **playing Pickleball** have any effect on bone density and osteoporosis?

Among tennis players, the bone mineral content and bone density are greater in the hip and lumbar spine regions than in non-players, but **exercise-induced**

bone gain is greater in younger than in older players.

Does pickleball help with overall mortality?

We've found no specific studies for pickleball. However, there are demonstrated correlations between playing **tennis** (as opposed to golf, football, baseball, and basketball) and reduced risk of heart disease and longer life. However, **researchers attribute this increased longevity to the fact that tennis is played into (and often past) mid-life, unlike most other sports.**

As we can see, tennis has many dramatic health benefits for players, whether they have played for decades or are new to the sport. But these exercise benefits aren't the only reason that tennis stands out as an activity for older participants.

While all physical exercise is healthful and beneficial, tennis and pickleball have a few particular beneficial attributes:

Pickleball improves hand-eye coordination.

Racket sports, in general, have been showed to improve hand-eye coordination, especially with people that play regularly over a longer period of time. Improving coordination can have positive benefits that overflow into other aspects of life such as an overall ability to execute daily tasks and improves reaction times.

Because the ball is hit in random patterns, pickleball is unpredictable, requiring players to be attentive and responsive. This improves physical agility, balance, and overall fitness. The need for the mind to be attentive and responsive also improves cognitive function and memory

Pickleball is low-impact.

Unlike many other activities that involve jumping or repeated impact (running), pickleball is easier on the joints, making the game more accessible for older players

Pickleball is very social.

Social isolation is associated with a wide array of health risks and emotional difficulties. Pickleball involves regular, healthful, enjoyable interactions which not only alleviate isolation but make the game more engaging and encourage regular participation.

These are many of the reasons why **Pickleball is an ideal source of physical activity and enjoyment for older adults.** Because the game is social and fun, easy to learn and simple to play, it engages players of all ages and ability levels, paying off for decades to come.

How to start playing pickleball?

If you are an older adult who has decided to take up the sport of pickleball – **good for you!**

There are just a few things to keep in mind first:

If you have any existing health conditions, consult your physician. While most people are able to enjoy learning pickleball without health concerns, you may have a condition that warrants extra caution.

As with any exercise routine, **build up gradually.** Commit to 30-minute sessions, twice a week, and then increase the duration until you are able to comfortably complete a whole game. Doing too much too soon increases the risk of injury or discomfort that may put you off the game altogether.

Basic pickleball equipment you need to play pickleball:

In order to start playing pickleball you will need the following:

- **Pickleball Shoes:** A good pair of proper fitting shoes is key! A lot of people have worn tennis shoes for nearly everything BUT tennis. When starting out in pickleball, we tell people your SHOES ARE THE MOST IMPORTANT piece of pickleball equipment you'll buy. Make sure to wear shoes specifically designed for the sport, since they will give you the extra grip and stability you need while cushioning impact and preventing injury.

We have written a [complete pickleball shoe buyers guide](#) explaining how to find the best pickleball shoes that fit along with our top picks for the best shoes.

- **Wear loose-fitting**, comfortable clothing that doesn't impede your comfort or range of motion.
- **A pickleball paddle** (the equivalent of a tennis racquet).

The wide range of paddles, options, and price ranges can be intimidating when a player is just starting out. It's best to choose a paddle designed for a beginner, and explore more advanced options later. Here are some of our top picks for the [best pickleball paddles for beginners](#).

What to look for in a good beginner pickleball paddle:

- Midweight. **Avoid paddles that are too light if you have tennis elbow** (you actually have to swing the paddle harder because of the lightweight) but even if you don't have "pickleball elbow" (that's tennis elbow to pickleball players) don't go too heavy – over time the extra ounces will wear on joints.

- **Choose graphite or composite paddles, not wood.** Wood paddles are cheap but really not worth the small amount of money you save. Treat yourself to a decent beginner paddles. Although there a lot of expensive "Pro" paddles on the market, you can get quality beginner graphite and composite paddles for around \$40-60.
- Although you may want a paddle with a large paddle face, I would skip the blade style or elongated paddles to start.
- **Have a correct grip for your hand size.**
- Test the grip. Grips range from 4 to 4– 5/8ths inches. Measure from the middle line in your palm to the top of your middle finger to find your grip size. **If you are between sizes, choose the smaller one** and use grip tape to increase the diameter of the grip.
- Some shops and clubs will also let you demo (test play) a paddle before you purchase it.

If you want a [complete buyers guide for selecting your first pickleball paddle, click here.](#)

Pickleball balls

While everyone (and certainly every dog owner) knows what a standard tennis ball looks like, you may be unfamiliar with a pickleball. Here is what one looks like. Although it looks like a whiffle ball, they are different. There are pickleball balls made specifically for indoor and outdoor play. [Click here to see our pickleball ball buyers guide.](#)

There are Pickleballs
for indoor and

outdoor play.

Take lessons

If you have a friend who already plays, of course, they can teach you. But it's also a good idea to take lessons from a professional, particularly one who has experience with older adults. You want to develop good form and body mechanics early on before you develop physical habits that may hurt you over time.

Warm up before every pickleball lesson and every pickleball game:

Warming up your muscles and joints is crucial for everyone, **but particularly for older athletes who may have lost some tone or mobility with age.**

Warming up properly will prevent injury and help you get the most benefit from your physical activity.

Warming up correctly involves increasing your heart rate and stretching your muscles.

A great, simple pre-game warmup for pickleball would include:

- Jumping jacks
- High-marching, lifting your knees as high as you can
- Swinging the legs forward and back, side to side, as far as you can
- Swinging the arms forward and back, side to side, up overhead, as far as you can
- Bending and stretching to the side, forward, and back at the waist

Elevating your heart rate and stretching and flexing all your major muscle groups for 5-10 minutes helps to prepare your body for the sustained exercise to come, as well as prevent injury during sudden stops, starts, and direction changes necessary in a game.

And don't forget to stretch out again after a game. Particularly, in the beginning, gentle stretches after activity can help prevent soreness and aching from unaccustomed exercise. Static stretches, where a muscle is gently stretched and held for 30 seconds, are ideal for releasing tension, loosening muscles, and gaining flexibility after physical activity.

A post-game stretch routine for after pickleball:

- Tilt the head gently to the side, letting the ear fall toward the shoulder. Breathe and hold for 30 seconds, then repeat on the other side
- Raise the arms straight over the head and extend them back without leaning back, opening the chest and shoulders. Hold for 30 seconds, breathing deeply
- Raise one arm overhead and reach the opposite direction, bending sideways at the waist. Breathe and hold for 30 seconds, then repeat on the other side
- Stand on one leg, bending the other leg up behind you so you can reach back and grasp your foot (this may involve using a chair for balance, or a band to help reach your foot). Gently pull your foot upward behind you, extending the quadriceps on the front of that leg. Breathe and hold for 30 seconds, then repeat on the other side
- Extend one leg behind you (use a chair or wall for balance if necessary) and press your rear heel downward, stretching the calf and ankle. Breathe and hold for 30 seconds, then repeat on the other side

Here is a 2 part video showing a good warm-up stretching routine for pickleball.

Conclusion

Taking up pickleball is easy and inexpensive, and there are places to play in nearly every community, in the country and it is starting to grow around the world, especially in Europe and India. It's also easy to find other players at your ability level to play, practice and socialize with. **From a physical, mental, and emotional standpoint, pickleball is nearly ideal for maintaining and improving health and resilience in older adults.**

Whether you want to play socially with friends or go on to compete in the wide-spread availability of pickleball competitions for seniors, **pickleball can meet a wide variety of physical, emotional, and mental needs for older adults, and be fun and socially engaging at the same time.** It's no wonder that people who play the sport in youth continue to play throughout their lives. Pickleball has a special role in the lives of those who play it and may have a special role in the health of older adults who want to retain vitality and independence for as many years as possible.

Other sources:

Harvard Health Blog » [Racket sports serve up health benefits](#)

 Blog

12 thoughts on "Pickleball Health Benefits for an Aging Population"

Suzanne EVANS

March 2, 2018 at 6:05 pm

Competition for older adult??

[Reply](#)

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Neuro Behavioral Betterment

Physical and Mental Benefits of Pickleball, With Fun Besides

Playing this trending game is a friendly antidote to pandemic-related boredom.

Posted December 7, 2021

Reviewed by Michelle Quirk



KEY POINTS

- Pickleball's popularity is growing across the country, with the number of players increasing 12 percent a year.
 - Compared with tennis, a pickle ball moves more slowly, and the court is smaller, so the game is easier on the body.
 - Pickleball offers physical exercise, mental exercise, and a likely mental health boost.
-

The fastest-growing sport in America, with more than 3 million players, is played by hitting a hollow plastic wiffleball punctuated by holes with a hard-surfaced paddle over a short net on a smallish court. It has the odd name of "pickleball,"

It can be played outdoors or indoors, by all ages. When the weather cooperates, outdoor courts can reduce health concerns during the pandemic. It's a good way to counteract pandemic-related boredom. There is even scientific backing to its benefits.



A pickleball game played by mixed-doubles teams. Source: BHPix/iStock

The U.S.A. Pickleball Association claims the game is growing across the country, with the number of players increasing 12 percent a year. There are tournaments for prize money, professional players and coaches, and courts in California, Florida, Colorado, New Jersey, Virginia, New Jersey, and Illinois, to name a few. You can easily see videos on how to play, view tournament games, and see coaching sessions on *YouTube*.

The game combines ping-pong, tennis, and badminton and requires players to hit the ball inside a small court. This gives

Enthusiasts suggest that the game can offer several potential benefits both physically and mentally. Here are three of them:

1. Physical Exercise

High-intensity interval training (HIIT) has been popularized as an efficient way to get the benefits of aerobic exercise in a short time, and tennis is a good example, with bursts of activity and rest, one after the other. In fact, **tennis** may be a sport delivering fitness exercise most efficiently, according to an extensive Danish study comparing various forms of exercise, like jogging, biking, and tennis, as they relate to longevity.

But tennis can be limited as players get older and by the availability of courts. Pickleball, played on a shorter and narrower court with more compact movements, can offer some of the benefits of tennis but on a smaller scale.

There is evolutionary evidence for the benefits of physical activity, particularly in middle age and above. This hypothesis argues that **humans evolved** to be physically active and that moderate physical activity promotes health as it directs energy away from storing fat into maintaining and repairing muscles, bones, and organs, as explained in an article by evolutionary biologist Daniel Lieberman and others in the current *Proceedings of the National Academy of Sciences* (December 2021). He observes that hunter-gatherer societies today, like our distant ancestors, typically may get two hours of physical activity daily, often walking five to ten miles daily for food and water. But even more moderate activity can in-

One estimate suggests that 150 minutes per week of moderate activity or 75 minutes per week of vigorous activity could provide such benefits. Pickleball practice and games once or twice a week supplemented by other activities looks like a good start. Some specific benefits are to improve balance, even as people get older, and to become more agile with practice as they use muscles and joints.

Since a pickle ball moves more slowly, and the court is smaller than a tennis court, the game is easier on the body. However, it can lead to strains, such as on the lower back from bending to pick a low ball or hit one near the ground. Like other sports, there are safety precautions to avoid injuries, such as warming up before play, not playing on a wet court, and eye protection. And, though it would be nice to cite a controlled study of the game's effects on health, such connections at present are more a matter of informed speculation.

2. Mental Exercise

The mental game of pickleball is analyzed thoroughly in *The Picklewood Bible*, which quotes Yogi Berra (Hall of Fame catcher for the NY Yankees) when he said "90 percent of the game is half mental."

Focusing on the ball as it travels across the net in an arc and connects with your paddle is a voluntary type of attention. Visual fixation on the ball for a couple of moments before serving may be a mark of a good player. Movement of your legs and body and a proper swing can be a more automatic,

really due to a sequence of **neural activity** activating muscles in a pattern learned by practice.

Both of these activities require focusing on the ball, moving your feet, and swinging the paddle effectively in a sequence of moves. Without citing any research on how the nervous system works during the game, it is likely that activity in the front of the brain, in the prefrontal cortex, promotes attention focused on the ball. Then activation of nerve cells in the motor cortex provides a sequence of **commands to muscles**, the parietal cortex participates getting feedback from the body, and the visual system from eye to visual cortex enables visual perception.

3. Mental Health Boost

Pickleball has obvious benefits in meeting people to play in a sociable, cheerful, positive, and low-pressure activity. Playing can enhance self-confidence and self-efficacy—that is, being an active agent by participating in a positive activity.

Evidence is increasing for the beneficial effects of exercise on **mental health**, possibly by increasing blood circulation to the brain and moderating the physiological reactivity to stress via the hypothalamic--pituitary--adrenal axis and the limbic system. Better sleep, stress relief, and energy can be a result.

Even just watching good doubles players "dinking"—that is, hitting and returning the ball with controlled strokes into the no-volley zone marked off only 7 feet from the net—can be a relaxing antidote to information overload from elsewhere.

More important, leisurely practice or playing a game where a

So, offering physical exercise, mental exercise, and a likely mental health boost, in spite of its funny name, pickleball is a great way to have fun in a friendly setting while gaining health benefits at the same time.

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Some Amazing Health Benefits Of Pickleball

Some Amazing Health Benefits Of Pickleball? As much as sporting activities are fun and competitive, they also have certain beneficial features. One of those advantages is the contribution to the health and well-being of players.

Games and sports are the most recommended form of body exercise by health experts. You get to interact and have a good time while working your muscles and expending energy. Depending on the game's technical and physicality level, players can span from any group of persons including young children and the aged. The game is not even gender-biased.

For a game such as pickleball, virtually anybody can play. From young teens to pre-adults, adults, and seniors, all you need for this sport is a [pickleball paddle](#) and a little technical know-how; neither does it drain energy. This makes it an excellent choice for individuals looking to blow off some steam.

Still, contemplating what you stand to benefit from playing pickleball regularly? Here a few notable health benefits associated with playing pickleball. Have fun reading!

Pickleball Health Benefits

When it comes to health, many activities are going on in the body that comprise this



Playing an active **sport**, such as pickleball, is one way to get the body system working. As you move back and forth in the given square, swinging your hand from time to time, almost all the body systems are at work. An excellent way to keep the body fit and refreshed.

The skeletal system comprising the muscles, joints, and bones is foremost in their activity. Then, the respiratory system and the circulatory system are optimal. Your nervous system is also on alert to keep you active, supported by the digestive system giving out needed energy. In the end, these basic body systems better the conditions of all other systems in the body.

Hence, pickleball health benefits discussed are only the more prominent ones. The benefits are not limited to these.

#1. Improved Balance

Getting on your feet every day to carry out your daily activities has got to be one of the most underrated health statuses. As humans age, staying on one's feet becomes increasingly difficult and sometimes painful.

However, regularly maintaining the skeletal muscles and bones through exercise has proven effective in helping stay on foot. Pickleball maximizes the legs in its gameplay. It requires consistent bouncing, which works the leg muscles for proper balance. Hence, overall better coordination of the body to balance well is associated with playing the game.

#2. Better Agility

Agility has the strength to move far and probably fast. Games involving running and staying on foot are best poised to boost alertness and keeping the body in shape. In



Playing pickleball allows for body carriage as needed. The better you get at reacting to hits and shots, the better you are in carrying your body as appropriate. This can help repair and build worn out muscle cells as is needed for proper body shape.

#3. Enhanced Brain Function and Mental Health

Proper functioning of the brain is the key to human life. Especially in ageing people, the mind becomes more prone to several conditions. Also, critical to brain activity is body coordination and reflexes, all of which are displayed continuously during sporting activities.

Pickleball is an excellent choice for exercising the brain. With all the body coordination, involuntary movement, **hand-eye coordination**, and swift response, the brain is actively used, and blood flow is optimal in the organ. Such activities have also been linked with the release of endorphins, which is critical to mood upliftment.

#4. Reduces Stress

Mental conditions, such as depression and dementia, are often linked to a lack of physical activity. That is one thing playing pickleball regularly gets rid of. You get to socially interact with people and get the mind off life's worries. This has also proven to be an effective stress alleviation technique.

#5. Increased Aerobic Capacity

Breathing is another significant activity in human life. And as we age, the respiratory organs start to deplete in their functionality. However, keeping the body active in games and sporting activities boosts oxygen's uptake into the body.

Endurance is a way of quantifying the aerobic activity of the body. How long you can stay up actively moving without gasping for breath hints on how well your respiratory organs are functional. Playing pickleball sessions for more than one hour at least three



#6. Cardiovascular Health

Cardiovascular conditions are becoming more rampant by the day. And this is due to not keeping the coronary vessels in good shape. The heart, the blood, and the carriage vessels all respond well to regular exercise.

Often linked with cardiovascular issues are obesity and excessive fat storage. When not enough calories are burned regularly, they end up obstructing good blood flow. Playing pickleball periodically is an excellent way to get rid of this. Which also is a boost for your physique and body weight.

#7. Social Interaction

There is no getting around chatting and meeting new people when you engage in regular playing of sports. These interactions are crucial to staying sane and fit in general. Lack of social interaction or Isolation has been linked to many health conditions, from anxiety to depression and some physiological conditions like obesity and stroke.

Especially for adults, pickleball time is an excellent time to catch up on less worrisome life aspects. And unwind from constant thinking.

Conclusion

In general, getting out to work your joints and muscles is required to keep one healthy. How much doing so in a fun sporting activity? You stand to be at lesser risk of all these when you engage yourself more to playing the fun game of pickleball.

However, do always remember to engage in some light warm-ups before the game to reduce your chance of injury. And over time, when your body has gotten used to consistent play, you are bound to stay healthy, provided you keep other good health

behaviours