



Benefits

Exercise made easy

- Exercise that is fun to play so you want to play as much as you can!

Easy game to learn

Low cost to participate

Socially inclusive

Easy to learn and play; tough to master at the highest level

Health Benefits

Heart Health

- Exercise improves your heart health especially when it is something you enjoy doing

Improved flexibility and balance over time

Improved muscle strength.

Remember to warm up before playing and cool down afterwards

Memory development

- Learning how to score
- Keeping the score
- Learning strategies and techniques
- Improving concentration and focus