

PickleballENGLAND

Join the pickleball movement

Easy to learn, fun to play

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



#jointhepickleballmovement

www.PickleballENGLAND.org