

VILLAGES PICKLEBALLERS, wouldn't you agree that most people play pickleball because it's just fun?! However, there exists a positive side effect to having that fun and it comes in the form of health benefits. Getting off the couch and onto the court offers a range of health perks, including mental health.

While pickleball is not as strenuous as some other sports, before you lace up your PB shoes and hit the court, it's important for seniors to check with their doctor and let their primary care physician know what they're planning to do and make sure they're cleared for this type of exercise.

As we become older, we become prone to health issues, especially if we maintain a sedentary lifestyle. Dementia, heart disease, osteoporosis, Type 2 diabetes, obesity, Alzheimer's and a host of other issues become more and more common the older we get. However, researchers are finding in their studies that nearly all aspects of our physical and mental health can be improved with regular physical activity, and some studies have focused solely on pickleball players.

From losing weight to lowering blood pressure, improving flexibility to improving muscle strength, combating loneliness to fighting off bouts of depression, getting a better night's rest to becoming a more well-rounded social being are only some of the benefits you can gain through playing pickleball regularly!

SEE YOU ON THE COURTS, FRIENDS!!