

Our Bodies Love Pickleball by Joyce Kludt

As it turns out, our fabulous sport of pickleball is getting us in shape. Well, isn't that great news?! Give me proof, you say? Here it is.

One study found that PB, compared to walking at a self-selected pace for half an hour had a 14 percent higher heart rate and burned 36 percent more calories.

Another study from Western Colorado University found that pickleball players averaged a heart rate of 109 beats per minute and burned 384 calories per hour, which qualifies it as a moderate-intensity workout, along with yoga, hiking, and water aerobics. The picklers also saw significant improvements in their cholesterol levels, maximum oxygen uptake, and blood pressure...a measure of cardiovascular fitness...after playing PB for an hour every other day for six weeks! Isn't that grand news?!!

Other health benefits of playing Pickleball:

*It improves mental health.

*It can help treat osteoporosis by keeping your bones strong.

*PB improves flexibility since it involves the movement of the whole body while playing, which helps prevent joint problems....which can lead to serious conditions like arthritis!

* Our game helps to prevent and manage diabetes because it improves the production of insulin.

*It improves the health of your feet and legs which helps improve balance and stability. When your legs are active, you are not as at risk for blood clotting.

* People with Dementia and Alzheimer's disease can benefit from PB because regular exercise helps stimulate the mind so it can function above ordinary routine activities...which helps minimize the conditions since the mind is not idle.

Wow, no wonder our body says to us, "Thank you for playing Pickleball, Buddy!"

Correction to last week's article: *Our final Dink N Drink will be held on Sunday, October 22.* We hope you'll sign up!