

# Pick Up a Paddle and Play to Improve Your Health

It's National Pickleball Month. You're either asking "national what?" or happy to know the sport you've heard so much about – maybe even play – is that special. Pickleball, a game that uses paddle rackets and wiffle-type balls on a badminton-sized court, is one of the fastest growing sports, gaining several million players in the past few years alone. Nearly 20% of those who hit the court each week are over 65 years old.<sup>1</sup>

To meet the rising interest, pickleball courts are popping up everywhere, including at a network of SilverSneakers® community locations.<sup>2</sup> The sport can be a game-changer for senior adults who want to enjoy a more active lifestyle.

Pickleball may benefit your health by:

- 1. Lowering the risk of heart disease.** As a cardio workout, it can help to improve your blood pressure and cholesterol.<sup>3</sup>
- 2. Reducing the risk of depression.** Staying active may help boost your mood, and pickleball is no exception.<sup>4</sup>
- 3. Increasing independence.** Moving about the court and swinging your racket may help with hand-eye coordination, as well as balance, which is important for avoiding falls and living independently longer.<sup>4</sup>
- 4. Encouraging fitness and friendships.** One recent study found that people like the sport because it helps them meet their fitness goals and enhance social connections.<sup>5</sup>

SilverSneakers is a lifestyle and fitness program designed specifically for seniors, and is included with your Care N' Care (HMO/PPO) plan at no additional cost. Check out articles from SilverSneakers like [3 Best Exercises to Improve Your Pickleball Game](#).

With SilverSneakers, you're sure to find something to fit your level, from SilverSneakers Classic with seated options, to high-intensity Total Body Strength. Plus, SilverSneakers gives you access to:

- memberships to thousands of fitness locations<sup>6,3</sup> (visit as many as you like), some with pools and/or pickleball courts

- group exercise classes<sup>7</sup> designed for all abilities
- instructors trained in senior fitness
- fun activities held outside the gym
- [SilverSneakers On-Demand](#) online workout videos for at-home workouts, available 24/7
- [SilverSneakers LIVE](#) full-length classes and workshops (exercise with others, but from the comfort of home)
- SilverSneakers GO mobile app with workout programs, location finder and more

Discover a health and fitness benefit for adults 65+. Go to [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted) to get your SilverSneakers ID number today.

## Always talk with your doctor before starting any exercise program.

1. [usapickleball.org/about-us/organizational-docs/pickleball-fact-sheet](https://www.usapickleball.org/about-us/organizational-docs/pickleball-fact-sheet)
2. SilverSneakers Adds Programming, Sponsorships to Support Pickleball Enthusiasts
3. [ijrep.org/the-acute-and-chronic-physiological-responses-to-pickleball-in-middle-aged-and-older-adults/](https://www.ijrep.org/the-acute-and-chronic-physiological-responses-to-pickleball-in-middle-aged-and-older-adults/)
4. [muschealth.org/medical-services/geriatrics-and-aging/healthy-aging/pickleball](https://www.muschealth.org/medical-services/geriatrics-and-aging/healthy-aging/pickleball)
5. Casper JM, Jeon JH. Psychological Connection to Pickleball: Assessing Motives and Participation in Older Adults. *J Aging Phys Act.* 2018 Oct 24;1-6. doi: 10.1123/japa.2017-0381.
6. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
7. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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