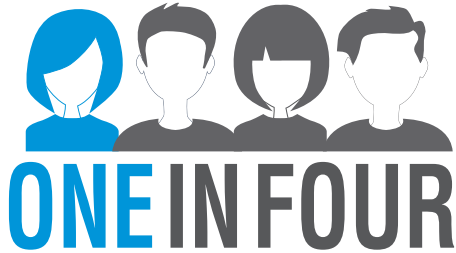




# How can table tennis improve MENTAL HEALTH?



## THE FACTS



of us will be affected by mental or neurological disorders at some point in our life

**70,000,000**  
WORKDAYS A YEAR

are lost in the UK every year due to mental illness - this means that mental illness is the leading cause for sickness and absence from work

## THE EFFECT OF EXERCISE



### REGULAR PHYSICAL ACTIVITY CAN:

- Reduce the risk of depression
- Reduce stress
- Reduce anxiety
- Improve self-esteem



### RESEARCH SHOWS:

Lack of physical activity is linked to depression. People with severe mental health problems are more likely to be inactive.



Just 10 minutes of moderate activity can improve your **MENTAL WELLBEING**

## WHY TABLE TENNIS?

Overall, research has found that low-intensity aerobic exercise ... was best at increasing positive moods

The Mental Health Foundation



### HEALTH BENEFITS

- Improves cognitive function
- Develops social skills
- Builds confidence and self-esteem



### ADAPTABLE

- Suitable for all
- No barriers to play
- Available for all budgets



### FLEXIBLE

- Easy to deliver in short bouts
- Fits easily into everyday life
- Space efficient



### PLAY HOW YOU WANT

- No change of clothing/footwear required
- Variety of places to play - community centres, cafes, clubs, workplaces, outdoors
- Space efficient