Table Tennis, the Elixir of Life?

Table tennis (TT) is one of the most popular sports in the world. It is inexpensive and easy to play, but difficult to master. It is a poor relation in sport. Played at the higher levels, it is one of the fastest sports around, requiring lightning reflexes. But you can play according to your own abilities and still be competitive. It is completely inclusive, with no age, gender or disability barriers. This year, Team GB has squads going to both the Rio Olympics and Paralympics, including one player from Notts.

So why play table tennis? It is a non-contact sport, so you can get all the benefits of a high-energy cardiovascular workout with a low risk of injury. You can burn over 200 calories playing for 1 hour. It is easy on the body and is a great way to improve your arm, leg and core strength without overtaxing your joints.

TT has been called a brain sport, combining physical activity with spatial, cognitive and social skills. It has been described as aer­o­bic chess! TT requires skill, dexterity, balance, physical and mental agility, sharp reflexes, as well as tactical awareness. It can relieve stress, improve concentration, mental well being and overall fitness levels.

With its emphasis on hand-eye coordination, decision making and tactics, it is not surprising then that TT has been suggested as a tool in preventing dementia. Exercise has been shown to increase in size the part of the brain responsible for allowing us to form and retain long-term facts and events. Could TT then be the sport that provides the “elixir of life” in helping to slow the process of cognitive decline that occurs with aging? *Alzheimer’s Weekly* has reported a clear increase in motor skills and cognitive awareness when playing TT. If that is not enough, TT has social benefits too and may help in autism.

Whatever your thoughts, there is no doubt that TT is a lifelong sport, which can be played long after you have hung up your boots in other sports. At KTTC we have a couple of octogenarians, but they still have a long way to go to catch the oldest competitive player in the world – an Australian lady who is over 100 years old!

Join us on National Table Tennis Day, either as an individual or a group. You will be offered a friendly welcome. If nothing else, it will be fun and a great way to keep fit. All ages and abilities welcome. Bats and balls will be provided. Come and give it a try.

National Table Tennis Day & Keyworth Table Tennis (KTTC) Club Open Day

Table Tennis Pavilion, Rectory Fields, Elm Ave, Keyworth, NG12 5AN

Thursday 14th July, 2-4pm & 7.30-9pm

For Social TT, contact Richard Allen, 937 5830 or email: rallen\_keyworth@btinternet.com

For League TT, contact Clive Evans, 933 2188 or email: clivedevans@hotmail.com

For further details, see our new website: [www.keyworthttc.co.uk](http://www.keyworthttc.co.uk)