

# Be Well Aware – Health Article



## Sports That Keep us Healthy and Strong

Think back to your primary and secondary school days and playing sports. It felt so good to be part of a team back in those days. Playing sports as children helped keep us active, allowed us to form relationships, and build strong teamwork skills. Yet, who says we can't play sports as adults? Although our schedules are less open than our school days playing sports recreationally can be a fun way to get in some exercise and socialization. We don't need to be athletes to play our favorite games or sacrifice hours and hours of practice for a fun pickup game of basketball. Anyone who enjoys the game and wants to get involved should if they physically can, even if you never played before.

The American Heart Association recommends Americans should get a minimum of 150 minute or moderate intensity or 75-minute vigorous intensity exercise or combination of every week. Playing sports can be a great way to reach 150 minutes of moderate or 75 minutes of vigorous exercise. See the table on the right of various sports that are considered vigorous or moderate.

### Moderate

- Softball
- Table tennis
- Tennis doubles
- Basketball Shooting baskets
- Playing frisbee
- Juggling
- Curling
- Badminton
- Archery
- Fencing
- Volleyball

### Vigorous

- Football game
- Basketball game
- Tennis singles
- Wheelchair basketball
- Soccer
- Rugby
- Kickball
- Field or rollerblade hockey
- Lacrosse
- Racquetball
- Squash
- Beach volleyball



Over time, reaching those physical activity recommendations can help you live a longer, healthier life. Physical activity can also lower your risk of diseases like type 2 diabetes and some cancers, control your blood pressure, and help maintain a healthy body weight.

Beyond all the health benefits from the physical part of playing sports, playing can also be a great way to connect with others and recharge.

*“It feels good to be part of a team”*

Being a part of a team gives us a sense of belonging. The social interaction from playing sports creates strong feelings of self-identity, which increase happiness. A fun way to meet new people who share similar interests is to join a sports league.

A great place to start is to look to see if your employer offers recreational sports for employees or check out your local recreational department for leagues. See what they offer and pick one that you're already familiar with or at least suspect that you'll like. You're more likely to stick with a team sport if you enjoy it. And lastly, channel your inner child. If you haven't played a team sport since you were a kid or a teen, revel in the fun of it.



**References:**

[https://www.cdc.gov/nccdphp/dnpa/physical/pdf/pa\\_intensity\\_table\\_2\\_1.pdf](https://www.cdc.gov/nccdphp/dnpa/physical/pdf/pa_intensity_table_2_1.pdf)

<https://www.keckmedicine.org/6-reasons-why-team-sports-are-good-for-your-health/>