10 reasons to play PING PONG

1 It's good for your health

As little as 10 minutes of table tennis at a time can do wonders for your fitness.

2 It's easy on the body

Table tennis is a non-contact sport (just make sure you move in doubles!) You can play within your own capabilities and limitations and still have a great competitive game.

3 Everyone can play

Table tennis is a truly inclusive sport, anyone can play irrespective of age, physical ability or gender. And it's a great leveller as there's so much more to the game than sheer strength or power.

4 The Generation Game

There are no age barriers to ping pong, anyone from 3 to 100 can enjoy the game!

5 You can play anywhere

Club, sportshall, office, factory, canteen, cafe, pub, home, garden, park, club, community venue, shopping centre, sportshall, religious centre, village hall, train station, the list goes on and on and on and on and

6 You can play anytime

Ping pong can be played all year round indoors or outdoors, for an entire evening or just in your lunch break!

24h

7 It's good for your brain

FACT: ping pong is good for the brain. It aids complex thinking and increases the cortex (the part of the brain which shrinks with age). Not only that but regular activity can reduce depression, stress and anxiety levels while improving self esteem.

8 It's affordable

You don't have to spend a fortune playing table tennis. Basic equipment is cheap and so too is table hire. You can play for free on the PING! tables www.pingengland.co.uk and there are loads of social club sessions which are really affordable to join!

9 It's sociable

Table tennis brings people together. Have a game with your friends, make some new ones or get to know your colleagues with a friendly game of ping pong!

10 It's fun!

Try the game - we guarantee you will share joy and laughter!

PING! COMMUNITY