Why Table Tennis?

Dr. Daniel Amen in his book "Use your brain to change your age"

"Golf is good. Tennis is terrific. Table tennis is the best sport in the world!"

Why Table Tennis?

- Table tennis is a lifelong sport, that can be played competitively right up to your eighties and beyond; and it's never too late to start.
- Table tennis is an indoor, non-seasonal sport. You can play it all-year-round.
- It's "space efficient". In a typical school gym the size of a basketball court, it is quite simple to accommodate eight (8) to 16 tables.
- Once you learn table tennis basics it is easy to practice even at your home. Many Canadians have foldaway tables in their basements or garages.
- Table tennis is an aerobic sport that also involves both upper and lower body parts, and requires quick reflexes and decision-making;
- As a non-contact sport and using a ball that weighs only a few grams, table tennis is almost a risk-free sport. Playing table tennis excludes risks of breaking bones, banging heads, concussions. It's easy on one`s body. Serious injuries rarely occur.

A several scientific studies has confired that playing table tennis:

- **Reduce the risk of coronary heart disease**
- **Increases VO2 max**
- **Lower resting heart rate**
- **Lower body fat** (compared to other sports or sedentary groups); it is a documented fact that table tennis is more effective in this regard than other aerobic activities such as jogging
- **Higher level of plasma HDL**- cholesterol level (positive affect for prevention of atherosclerosis and cardiovascular diseases)
- **Improves eye hand coordination**
- **Improves cognitive functions** The speed, spin and placement of the ball are crucial, and participants learn to become experts in creating and solving puzzles. There is a lot of thinking, planning, and strategizing that takes place during any table tennis match which helps keep brain cells engaged. Attention, anticipation, decision making, problem solving, are all core table tennis attributes and basic cognitive processes.
- **Prevent or delay mental deterioration**; study "The Effect of Table Tennis Practice on Mental Ability Evaluated by Kana-Pick out Test"

OTTA Founded 1934 ONTARIO TABLE TENNIS ASSOCIATION

NEVER 2 OLD 4 GOLD

www.ottacanada.com
dejan_papic@yahoo.com
19 Wax Myrtle Way, M3B 3K6, Toronto