

Team Sports

Almost everyone knows the message about physical activity by now. We should all be doing 30 minutes of activity on at least 5 days of the week.

Seven out of ten adults are not meeting this target; yet eight out of ten think they are fit!!!!!!!
So why is being active such a no-no for us Brits?

Lack of time, no motivation, perceived cost and no-one to exercise with are just a few of the reasons (excuses).

If the idea of going it alone doesn't inspire you into action then maybe you could consider team sports or exercising with a group of people.

As kids we always exercise together and take part in team sports at school – so it's not an alien concept.

For some, being part of a sports team can provide a great deal of motivation and impetus to get off their bottom and do something active. Team sports tend to provide a much more relaxed and social way of being active. Check out local papers and websites or ask friends and colleagues if they know any local clubs/teams. Getting people you know involved can also provide extra motivation, camaraderie and perhaps a little bit of competition.

You could take things a stage further and join teams/club which compete in local leagues. Again this can be very motivating and drive people to work harder for the team to do well.

As well as all the physical and health benefits of being active there are also other life enhancing benefits:

- Making new friends
- Learning new skills and improving existing skills
- Building trust in others
- Working with other people towards a common goal
- Sense of pride and achievement
- Taking on extra responsibilities
- Having fun!!!!!!!!!!!!!!!!!!!!

Here are a few team sports you might like to consider:

Football	Basketball
Rugby	Rowing
Hockey	Ice Hockey
Netball	Volley ball
Baseball	Cricket

Obviously there is a whole new social scene to go with the team environment – this usually involves frequenting a public house after training. Try to keep in mind why you are doing the exercise and don't be tempted to throw caution to the wind at every social.

When exercising, ensure you have plenty of fluid to drink (preferably water), always warm-up before exercise and cool-down afterwards. Stretching is also important to reduce muscle ache.

If you haven't exercised before, take it easy at first. Build up the amount and the intensity you do gradually.

You never know....you may end up having a whole load of fun and making new friends to boot!!