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A Safer Basketball Game for Every Age



If you have ever wondered whether basketball is too stressful on your body as you age, you are not alone. While many people worry that older adults should not enjoy the benefits of fast-moving sports like basketball—for fear of injury or health—with a little help from us, you can continue to participate in this sport.

No single activity is automatically ruled out as you age; however, common sense

should prevail, and enjoying your basketball game can be accomplished within reason. To warm up and stretch your muscles, begin with short intervals of moderate physical activity of, say, five to 10 minutes and gradually build up to the desired amount. And do not forget to cool down and stretch after playing. Make sure you have plenty of fluids on hand and rehydrate frequently.

You can continue to reap the benefits of the game by making adjustments to accommodate your aging body. If running is too tiring, you may need to play half court, rather than full court. Generally, playing with people at a similar level and ability can make the game even more successful. While your game may become a bit less competitive, you may find that shooting and dribbling give you an excellent, enjoyable workout without the strain of competition.

Although it is not considered an aerobic sport, basketball can help you

- burn calories
- build endurance
- improve your coordination
- develop concentration and self-discipline
- build muscle

As we age, health conditions such as arthritis or diabetes often emerge. Check with us to ensure that you are playing basketball or any other sport at an intensity appropriate and safe for your age, fitness level and any health conditions you may have. Basketball and other sports are not just for younger people. With our support, you can enjoy your game for many years to come.