

35 Reasons to start Pickleball

HEALTH BENEFITS



1. Gentle on the joints

Small court, controlled movements, and low-impact footwork protect knees and hips.

2. Great for cardiovascular health

Short bursts of movement safely raise heart rate and improve stamina.

3. Improves balance and stability

Quick directional changes strengthen stabilising muscles and reduce fall risk.

4. Builds leg and core strength

Stepping, rotating, and squatting develop the muscles that support daily mobility.

5. Enhances hand-eye coordination

Tracking the ball sharpens reflexes and reaction time.

35 Reasons to start Pickleball

EASY TO START AND LOVE



6. Low barrier to entry

Simple rules, inexpensive gear, and quick to learn.

7. Highly social

Short games mean constant rotation and meeting new people.

8. Reduces loneliness

Regular sessions create meaningful social contact.

9. Intergenerational play

Grandparents, teens, and adults can all play together.

10. Boosts mood and reduces stress

Movement + laughter = natural endorphins.

11. Maintains cognitive sharpness

Strategy and anticipation keep the brain active.

35 Reasons to start Pickleball

AFFORDABLE & ACCESSIBLE



12. Affordable compared to many sports

Minimal equipment and low court costs.

13. Suitable for all fitness levels

Play gently or competitively — it adapts to you.

14. Safe environment

Small court = less running, fewer falls.

15. Encourages activity

Supports wellbeing.

16. Builds confidence

Beginners improve quickly, which feels motivating.

17. Helps maintain a healthy weight

Burns calories without feeling like a workout.

35 Reasons to start Pickleball CONNECTION & COMMUNITY



18. Strengthens friendships

Shared activity deepens bonds.

19. Creates a sense of routine

Weekly games add structure and purpose.

20. Supports healthy ageing

Movement + social connection = long-term wellbeing.

21. Encourages laughter and playfulness

Light-hearted rallies and fun moments.

22. Improves sleep quality

Regular activity helps regulate sleep patterns.

23. Builds community

Clubs, leagues, and drop-ins create local networks.

35 Reasons to start Pickleball

FLEXIBLE & INCLUSIVE



24. Adaptable for mobility limitations

Slow the pace, shorten rallies, or play half-court.

25. Great for couples

A shared hobby strengthens relationships.

26. Helps maintain independence

Better strength and balance support daily living.

27. Encourages healthy habits

Players naturally adopt better routines.

28. Provides a sense of achievement

Improving technique feels rewarding.

29. Travel opportunities

Holidays, tournaments, and social trips are growing.

35 Reasons to start Pickleball

YEAR -ROUND FUN



30. Weather-proof

Indoor courts mean year-round play.

31. Low risk of overexertion

Short rallies and breaks keep intensity manageable.

32. Builds upper-body strength

Serving and volleying strengthen arms and shoulders.

33. Supports blood pressure & blood sugar

Moderate exercise improves metabolic health.

34. Encourages mindfulness

Staying present and focused is built into the game.

35. It's simply fun

The biggest reason: people stick with it because it's joyful.