

WHY PLAYING POOL

IS GOOD FOR YOUR HEALTH



45 INCREDIBLE HEALTH BENEFITS OF PLAYING POOL

Sports are often thought of as being reserved for the young and physically fit. In fact, as we age, many sports even if we wanted them to be, are no longer a viable means of physical fitness. So, how can we find entertaining and enjoyable ways to remain physically active at any age or fitness level? The answer is **pool!** Yes, it's true. **Pool or billiards** both words to describe this game is correct. Playing Pool is a great way to have fun and enjoy many health benefits at the same time.

There are three main aspects of one's health that must remain finely tuned in order for the body to operate at its peak, throughout all the various stages of life. And, as these three are all connected, they each need the other in order to stay healthy. So, what are these three aspects of good health? The three important aspects of good health are, mental, emotional and physical. Luckily Billiards has all three aspects and much more. On top of these three, there are also social benefits that give life building value to all that play. Overall, the **health benefits** of pool are incredible, so let's examine them further.

MENTAL BENEFITS

Let's start with the mind, the command center of the body! It is a well-known fact that as we age, it's important to find ways to continually challenge the mind. **The game of pool has many ways in which it contributes to a healthier mental state.** An improved imagination and creativity as you strategize, is just one of them. The application of visualization and problem-solving techniques is another. All of these, plus having it all happen during "on-the spot" moments make for great mental health benefits.

MEMORY

Science has shown us that lifelong learning contributes to lower rates of dementia, Alzheimer's and other memory lapse-based degenerative diseases. **Playing billiards requires using mental strategy, memory, focus and patience.** Whether the game is new to you or you have been a lifelong player, these are all great things to help keep your mind strong and sharp!

REFLEXES

Another fabulous health benefit to playing pool is the strength that is built through improved mental reflexes. Having to make quick mental decisions and strategizing **helps to develop a keen and sharp mind,** which in turn makes you a better player!



EMOTIONAL BENEFITS

Once your mind is working at optimal level, you'll find that you begin to see emotional benefits as well. A clear and quick mind makes playing more enjoyable and with more fun, the desire to play more often occurs. Like with most things in life, the more often you practice, the better your skills are and the more fun you have. Thereby, enhancing the emotional benefits. Emotional health is a crucial element of overall mental health. **Playing pool gives the opportunity to have the mental and emotional connected** together in a circle of entwined health benefits.

♥ SELF-CONFIDENCE

Playing pool builds confidence! Your self-confidence grows as you become a better player. This can help you to navigate more difficult areas of life. When stressors occur, playing a game of confidence building pool can improve your mood easily and quickly. Feeling good about yourself and your abilities is priceless!

♣ PHYSICAL CONFIDENCE

Confidence comes in many forms and physically is also one of them. **Becoming more limber and agile in your movements through playing billiards is a great benefit.** Not to mention how your physical confidence improves, as a result of the repetitive movements required to play the game. This can be a great bonus for the elderly, veterans or even those with varying physical limitations. Knowing that you can move better and thereby lessen the risk of falling, is a great confidence booster.



SOCIAL BENEFITS

The social benefits of playing billiards are among the most obvious of all the health benefits. Pool is a fun game that can be played with one, two, ten or more. **It encourages social interaction even for the shyest among us.**

Pool can be enjoyed by any gender and age.

NON-COMPETITIVE

Although the game always ends with a winner, **it doesn't have to be a stressful competitive environment.** Fun times with friends or new acquaintances. Talking, laughing and joking around together. Pool enhances mutual respect and helps you to develop relationships.

COMPETITIVE

However, for those who are interested, there is the competitive aspect. **Tournaments can bring some friendly competition into your life!** It enhances the fun and helps to release even more oxytocin in the brain. This hormone is also known as the "happy" drug as it makes us feel joyful and uplifted. Many people have a strong competitive streak and playing billiards is a great way to direct this interest.



PHYSICAL BENEFITS

Despite it being low impact, there are many physical health benefits to playing pool. Although pool is first and foremost a mind game, **the physical benefits are well documented**, as is the low risk of injury as compared to other sports and games.

COORDINATION

Not everyone is naturally coordinated. However, the game of pool does not require you to start out that way. In fact, you can be the most uncoordinated person in your group and **still learn to play pool!** In fact, with practice, you will even learn to play it well. It is a fact your coordination will greatly improve as a result of playing Billiards

BALANCE AND STRETCHING

Billiards can assist you with balance and stretching. As you position your body to take aim at the ball, it is necessary to pose in positions that might be out of your ordinary range of movement. Lunging, squatting and bending while stretching your arms out and reaching across the pool cue **are all forms of low impact movement**. When you keep the body moving, even at a slow pace, it enables you to stay limber longer and more easily. Not to mention the walking around the table! Just wearing a step counter will easily show you how much walking can be accomplished during one game of pool.

HAND EYE-COORDINATION

Being eye level with the cue stick and aiming the ball into towards the pocket, **develops great hand-eye coordination**. The manual precision needed for efficient wrist and finger manipulation will help tremendously in other physical endeavors. This makes playing Pool an all around perfect win for the players.

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- ▶ ENTERTAINING
- ▶ ENJOYABLE
- ▶ PHYSICALLY ACTIVE
- ▶ PHYSICAL FITNESS
- ▶ MENTAL
- ▶ PHYSICAL
- ▶ EMOTIONAL
- ▶ SOCIAL
- ▶ IMAGINATION
- ▶ CREATIVE
- ▶ STRATEGIZE
- ▶ PROBLEM SOLVING
- ▶ MEMORY
- ▶ DEMENTIA
- ▶ ALZHEIMERS
- ▶ DEGENERATIVE DISEASES
- ▶ FOCUS
- ▶ PATIENCE
- ▶ STRONG
- ▶ SHARP
- ▶ REFLEXES
- ▶ FUN
- ▶ CONFIDENCE
- ▶ MOOD IMPROVEMENT
- ▶ FEELING GOOD
- ▶ LIMBER
- ▶ AGILE
- ▶ LESSEN RISK OF FALLING
- ▶ COMPETITIVE
- ▶ NON-COMPETITIVE
- ▶ LAUGHING
- ▶ JOKING
- ▶ MUTUAL RESPECT
- ▶ DEVELOP RELATIONSHIPS
- ▶ MORE OXYTOCIN IN THE BRAIN
- ▶ JOYFUL
- ▶ UPLIFTED
- ▶ LOW RISK
- ▶ COORDINATION
- ▶ HAND EYE COORDINATION
- ▶ STIMULATING
- ▶ STAY FIT
- ▶ STRESS RELIEF
- ▶ SLOWS AGING
- ▶ BURNS CALORIES THRU CARDIO

Each one of the benefits listed above can be traced to a health benefit in more than one way.

VISIT TRIANGLE FOR ALL YOUR GAME ROOM NEEDS



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With all these 45 health benefits – it's easy to see why playing pool is a social and stimulating way to stay fit-and have the best times of your life playing with Family and Friends There are many ways to fit this timeless game into your lifestyle, so **Start Having Real Fun Now!**

Get yourself a cue and a spot at the table right away!