

The Top 10 Health Benefits of Petanque

By Health Fitness Revolution - September 29, 2016

Petanque

The Roman emperor Augustus enjoyed a good game of Petanque every now and then. Over 2000 years later Petanque is as popular as ever, a fixture at parks and apartment complexes. The outdoor sport is similar to horseshoes and can be played by people of all ages, from the young to the elderly. So next time the weather gets nice grab the Petanque balls and go play! We've listed the health benefits of Petanque in case you need any further convincing.

Social Activity

Petanque teams consist of 1, 2, or 3 players. So whether you are going head to head with a friend or playing with a whole squad, Petanque encourages coming together with friends. Social engagement contributes to increased quality of life and longer lifespan.

Strategic Planning

You can't just chuck your Petanque ball down the court the court and expect to win. More than just a game of brute strength, Petanque requires you to calculate factors like velocity and distance. Engaging your brain while exercising helps stave off dementia and keeps you sharp.

Improved Coordination

Petanque requires you to muster up your hand-eye coordination before each throw. Practice releasing the ball it exactly the right moment in your release and try to get it as close to the jack as possible!

Relieves Stress

Wiling away a nice afternoon outside with some friends and light physical activity is a great way to relieve your stress levels. According to Dr. Lori Shemek, stress can be extremely toxic to our health and ages our brain. Exercise and social activity lower stress levels, keeping us younger and more alert!

Outdoor Time

Petanque courts are outdoors, making this the perfect game anytime the weather is nice. The sun provides vitamin D which aids in cell and down growth, inflammation reduction, and improved immune function.

Increased Confidence

Executing the perfect Petanque toss is guaranteed to put a smile on your face. Petanque is an accessible mode of competition for people of any age. As your game improves, you look forward to future matches and can walk away with a sense of satisfaction.

Light Cardio

You aren't going to burn as many calories playing Petanque as you will in a game of sand volleyball. That being said, this mild form of exercise requires you to stay on your feet and to walk up and down the court after every round.

Flexibility

Petanque gets you bending and extending your arms to pick up and throw the ball. Flexing and moving your joints in this kind of light activity helps seniors maintain mobility and independence as they age.

Improved Mood

The *American Psychological Association* contends that there is a strong link between exercise and mood. Couple that with the benefits of being outside and positive impact of social activities, and it's no surprise that you'll leave Petanque smiling.

Mindfulness

Think before you throw. Petanque causes you to hone your concentration and really live in the moment. You need to enter a zen-like state that focuses on the here and now, the weight of the ball and your target down court. This helps the worries of the day melt away.