

# Badminton as a tool to improve the health to the elderly

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First of all, What is Badminton? Badminton is a sport which need at least one or more people, a badminton racquet and a shuttlecock. As a less aggressive and more lightweight racquet Sport, badminton offers loads of health benefits to seniors without an increased risk for injury. Additional benefits include:

Nowadays the cholesterol development in the walls of the heart become very common especially when you getting older. which can be the outcome of a heart attack, poor health and strokes. (' High cholesterol - Symptoms and causes', 2019) Badminton can be used to help get rid of excess cholesterol and to burn the extra fat in your body, eventually lower the risk of heart attack and strengthening the heart muscles. Also, badminton can help to increase levels of HDL in your body, which is known as good cholesterol while decreasing the levels of bad cholesterol. If the person who have a heart conditions can taking proper medical supervision during playing the sport to track down the changes of blood pressure and heart rate.

According to the research, it point out that regular exercise meaning at least 30 minutes a day of cardio exercise can help to decrease the incidence of developing diabetes and your blood sugar levels can be helpful to reduce by playing badminton which can also lead to your liver production of sugar become less and making yourself away from the illness.(Lisa M. Leontis RN, 2019)

Badminton involves rigorous movements, it helps you to keep alert thus improving your reflexes and making you more alert. This allows you to concentrate better on work, makes you agile and also develop the strength

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which helps to get rid of stress. Also it can improve the concentration of the player. When the game is played in a fast-paced, it increases the speed and improves the reflexes. Intelligence is also a factor since players must know how to deceive their opponents in every shot.

As I have mentioned earlier, you can't play badminton alone. But playing with the same group of a person over and over again can be easy to get yourself bored. To find new and competitive individuals to play each time, which there have difference ways to find someone to play badminton with through internet, It can help to improve your social skills and expand your social network as well. You will become more socialized by meeting and play with the new people.

In conclusion, we can all agree that, as a result of all the health benefits badminton yields for you, you'll have a better overall lifestyle, which might come in a positive feel. It keeps you active and improves your mood and better sleep, you'll feel more active and perform better at your daily tasks. furthermore, having a functioning plus healthy brain and became in excellent shape will help you feel satisfying and focus better all the time.