



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Deutsch & Associates, LLC



BENEFITS OF JOINING A CLUB OR SPORTS TEAM

Staying both physically and socially active as you get older can oftentimes be a struggle. Getting involved in a sports team or club can be very beneficial to your overall health and social well-being. Here are just a few of the benefits.

Promotes a Physically Active Lifestyle

Going to the gym can get repetitive and boring, which may cause you to stop going altogether. Joining a sports team or club can keep you physically active by incorporating exercise in a way that seems less like working out and more like having fun.

Keeps You Accountable for Your Health

Since teams and clubs are group activities, knowing there are people relying on you to be there can be a great push to keep yourself accountable for showing up and getting a workout in.

Most teams and clubs meet once or twice a week, anywhere from 45 minutes to an hour and a half. Being too busy is no longer an excuse to get out of working out.

Relieves Stress

Physical activity is a great way to manage and decrease stress. Not only does working out release endorphins that leave you with an overall good feeling, it can also force your mind to focus on the physical activity rather than the stresses of the day.

You don't have to be in a physically demanding club for it to be a stress reliever. Book clubs, knitting clubs and other nonphysical activities all have social components that greatly decrease stress. Being able to discuss and talk about other things that don't involve personal stressors can be great for your mental health.

Increases Social Life

Meeting new people as an adult can sometimes be difficult. Team sports and clubs are a fun and easy way to meet new people with similar interests and form connections that may last a lifetime.

Is It Expensive to Join a Club or Sports Team?

Unless there are sponsors involved, most sports teams do cost money. Fortunately, pricing can be very reasonable depending on what sport you are interested in. Most sports teams cost the same amount or less than what you may already be paying for a gym membership.

Clubs, on the other hand, are often free. Most clubs don't require a referee or equipment, so the cost is significantly decreased or even nonexistent. For example, if you join a running club, the only expense you may have is buying a cup of coffee or a bite to eat with your group after a run.

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How to Get Started

Sports teams and clubs are everywhere, you just have to know where to look. If you're having a hard time finding one, check out these places first:

- Social media is a great first step in looking for clubs or teams to join. Use the site's search engine to look for events or activities happening in your area.
- Check your local recreational center's website for teams or clubs that are in your community. If available, follow the center on social media to keep up to date on schedules and any deadlines that may be approaching.
- Talk to co-workers or HR about any work-affiliated clubs or teams—some employers will actually sponsor teams or clubs for their employees.